

THE 21 DAY INTERMITTENT FASTING PROGRAM

*burn fat, heal your gut
and feel good again!*



Autumn Bates, CCN, MS, CPT

CONTENTS

PG 4: MEET INTERMITTENT FASTING

DISCOVER THE DETAILS OF INTERMITTENT FASTING. LEARN HOW TO PICK YOUR EATING WINDOW, WHAT BREAKS A FAST AND MORE!

PG 23: NERDING OUT ON NUTRITION

ADD AEN NUTRIENT TIMING AND CALCULATE YOUR PROTEIN NEEDS.

PG 38: MAKE IT FIT YOU

YOU'RE UNIQUE. YOUR APPROACH SHOULD BE, TOO.

PG 44: THE 21 DAY MEAL PLAN

LET'S PUT THIS ALL INTO PRACTICE.

PG 64: THE RECIPES

THE MEALS TO PAIR WITH YOUR INTERMITTENT FASTING SCHEDULE!

PG 85: THE WORKOUTS

UPPER, LOWER, CORE, SPRINT AND STAIR WORKOUTS TO HELP YOU FEEL YOUR BEST!

PG 92: RESOURCES

WANT TO NERD OUT FURTHER? DIVE INTO THE STUDIES.



YOU'VE GOT THIS



NERD OUT

Empower yourself with the nutrition knowledge and tools to help you feel GOOD again.



TIPS

Read through the [whole](#) Program so that you can gain access to all the Intermittent Fasting tips to help you succeed!



PERSONALIZE

The Program allows for multiple opportunities for you to personalize your experience.



WELCOME AENPEEPS!

Congratulations! You've made a huge step toward achieving your health and wellness DREAMS just by purchasing this plan.

Inside this Program, you'll find the details, meal plan and strategies you need to know in order to successfully execute Intermittent Fasting. Done correctly, Intermittent Fasting (aka I.F.) can help boost fat burning mechanisms, raise energy levels, heal the gut, aid in muscle growth, and MORE!

I recommend you first start by reading through the Program. This covers the details of the science behind I.F. and AEN Nutrient Timing. This is important to help you understand what you're doing and why you're doing it. From there, you can dive into the recipes and 3 week meal plan. The meal plan is simple to follow and

includes optional workouts to make the most out of your Intermittent Fasting experience. You'll also see that you can tailor the plan to meet your specific goals, whether it be gaining muscle, losing weight, healing your gut, boosting your energy levels, or improving your quality of life! This plan has now been used by THOUSANDS of men and women around the WORLD (aka the #AENpeeps!) to achieve their weight loss and wellness goals. You'll hear more about the AENpeeps and read their stories later on. But for now, I'm SO excited for you to get started!

Keto Coffee Cheers,
Autumn Bates
CCN, MS, BS, CPT

Start feeling
good
again



MEET *intermittent fasting*



WHAT IS INTERMITTENT FASTING?

Intermittent Fasting (I.F.) is classified as a short period of time that you don't eat (or drink - we'll get into those specific details in the next few pages). When you stop eating, your body does a number of miraculous things. It can help:

- allow the storing hormone insulin to naturally dip down, therefore turning the fat burning process (called lipolysis) on.
- turn on the gut cleaning process, called the Migrating Motor Complex (MMC), and flush out left behind food and bacteria that would normally cause bloating.
- shift the body into using fat as fuel, rather than the less stable carbohydrates.
- turn on the cellular cleaning crew, called autophagy.

In short, Intermittent Fasting allows the body to stop putting energy into digestion and storage and *instead* shift the body into cleanup and repair mode. You can think of autophagy as cellular cleanup. Every cell in your body is working all day and all night to keep your body up and running. As a result, it produces waste products that can get trapped inside the cell. There are also organelles ("organs" within the cell) that become dysfunctional from constant use which can lead to low energy levels, inability to lose weight, and even increased risk of chronic diseases like cancer. (1) Autophagy is the period of time when your body prioritizes cellular clean up and gets rid of dysfunctional organelles, cleans up the waste products, and leaves behind the highest performing cells to make you feel more energized!

Due to the natural dip in our storing hormone insulin while fasting, this also helps the body to become better at burning fat (while maintaining muscle!). Most diets that rely on calorie restriction (rather than the hormonal aspect of weight loss) will cause you to lose both fat and muscle mass, which is not ideal. When you lose both fat and muscle mass, you lose energy, your metabolism slows down, the body becomes more insulin resistant and it becomes difficult or impossible to reach your fitness and health goals... or you plateau.

Many men and women around the world are used to eating from the time they wake up until they go to sleep. That equates to an eating window of 16-18 hours per day! That's not even close to the minimum 12 hours of fasting needed to reap the benefits of autophagy or stimulate the MMC. We've been trained to think that breakfast is the most important meal of the day - and I'm actually not going to argue with that. Your first meal of the day helps to set the tone for your blood glucose and energy levels all day long. However, it's when you time your first meal of the day that is of most importance. There are also some major tools and tips that I will be sharing within this Program - such as AEN Nutrient Timing - to help stabilize your blood glucose levels and become more metabolically fit.

Remember, Intermittent Fasting isn't about eating less, it's about eating less often.

THE INTERMITTENT FASTING SPECTRUM.

There are a variety of ways to use Intermittent Fasting and it all comes down to how long your fasting window is. There are pluses and minuses to each type of fasting, so let's dive into each category so you can determine which will be best for you.

Time Restricted Eating

This is the most commonly used form of fasting (and the method of fasting that I personally follow and recommend). With Time Restricted Eating (or TRE), you're still eating all of your necessary nutrients each day, just during a smaller window. Within TRE, you have fasting windows that can range from 12 hours to 22 hours per day. You'll often hear these discussed as 12/12 (12 hours of fasting, 12 hours of eating), 14/10 (14 hours of fasting, 10 hours of eating) or 16/8 (16 hours of fasting, 8 hours of eating). You've also likely heard of OMAD (one meal a day), which is still a form of TRE.

The benefit of the shorter fasts (like 12 or 14 hours per day) is that you can ease yourself into Intermittent Fasting more easily. Jumping straight into a 16 or 18 hour daily fast can be a bit challenging if you're brand new and haven't adjusted to using fat as fuel yet. As a beginner to Intermittent Fasting, you can start with a 12 or 14 hour fast and slowly ease yourself up to a 16 or 18 hour fast over the course of a few weeks.

The downside of shorter fasts is that you don't get the perks of autophagy (which starts to kick in at around 12 hours of fasting) and you get less time stimulating the MMC for gut healing purposes. This is why I generally recommend working up to a 16 hour fast, which allows time for autophagy and the MMC to get stimulated. However, on the opposite side of the fasting spectrum is 20 hour fasting or OMAD. This means you're likely only eating 1-2 meals per day. Although this would maximize for gut cleaning and autophagy, I have found it to be quite difficult to get all of the required daily nutrients (especially protein) with just a 1-2 meal per day structure. Some people do very well with a longer 20-22 hour daily fast, however I typically do not recommend this. From working with thousands of men and women around the world, I have found a range of 14-18 hour daily fasting to be the "sweet spot" for maximizing fat burning, autophagy and gut cleaning while still getting the protein needed for muscle mass, hormones, bones and body recomposition goals.

Alternate Day Fasting and Extended Fasts

As it sounds, alternate day fasting (or ADF) is where you fast for one full day and then you don't fast at all the next day. I never recommend this form of fasting for two main reasons:

1. You're missing out on the protein needs for an entire day, multiple days a week. This can reduce muscle mass, increase hunger and lead to negative results from a body recomposition perspective.

2. It's not a sustainable practice for social situations and work life. Fasting every other day means that you won't be able to eat dinner or have a work lunch *every other day*.

Alternate Day Fasting may not be a good idea for women in general. We'll be diving further into this topic in the Intermittent Fasting Myths section.

And when it comes to extended fasts, you're fasting for one or more consecutive days. This *can* have therapeutic purposes, however unless you're following a specific protocol with your doctor, then I don't recommend extended fasts. I've found that extended fasts (when used for a weight loss goal) are often used as a crutch following "cheat days". This can lead to yo-yo dieting and inconsistent progress.

With all of this information considered, Time Restricted Eating (TRE) is the only form of Intermittent Fasting that I personally use and recommend. We'll be discussing how you can determine your ideal eating window and fasting length throughout this Program.



*Long story short: Longer isn't
always better when it comes to
Intermittent Fasting.*

THE PERKS OF INTERMITTENT FASTING.

Reduced Insulin Frequency

Insulin is our storing hormone that's released when we eat or drink a meal (unless it's from a pure fat source - more on that in a bit). When it's high, fat burning (or the process called lipolysis) is turned off. Not to mention, consistently high levels of insulin (a state called hyperinsulinemia) is linked to a plethora of issues ranging from persistent acne, PCOS, Type 2 Diabetes and increased visceral fat (weight gain around the belly).(2,3,4) When using Intermittent Fasting, you have states of higher insulin when you eat, and then states of lower insulin when you're not eating (aka fasting). This lower insulin state allows insulin to naturally dip down and fat burning to be turned on.

Increased Fat Burning

Due to the naturally lower levels of insulin while fasting, lipolysis (or fat breakdown) is able to be turned back on. This means the body starts ramping up the break down of fat as a fuel source. This is also likely why studies on Intermittent Fasting are finding that Intermittent Fasting is specifically so great at tapping into the fat burning process.(5)

Increased Ketone Production

One of the main reported benefits of Intermittent Fasting from AENpeeps is increased mental clarity/reduced brain fog. This is likely due to the increased ketone production during the fasted state. Ketones are a natural by-product of fat breakdown and have been found to help aid in improved cognitive performance.(6) It's important to note that Intermittent Fasting is *not* inherently a Keto Diet. Intermittent Fasting and the Keto Diet both allow for increased ketone production, but through different mechanisms. We'll be diving into a more detailed breakdown of these two nutritional strategies later on.

Increased Gut Cleaning

Fasting allows the Migrating Motor Complex (MMC) to be turned on. When the MMC is on, it initiates a series of secretions and contractions in the stomach and intestines in order to flush out left behind food and bacteria. If the MMC did *not* turn on (by eating frequently throughout the day), then food and bacteria would be left behind in the GI tract. This food could then be fermented and lead to trapped gas (aka bloating). Fasting turns on the MMC to help prevent bloating. The MMC requires about 3 hours and 45 minutes of fasting to complete one cycle. The longer the fast, the more cleaning cycles the MMC can run through.

Helps Reduce Hunger

It might sound odd, but Intermittent Fasting has actually been found to reduce hunger and the hunger hormone ghrelin.(5) This is likely due to the natural boost in fat burning from reduced insulin levels while fasting. As the body breaks down fat from fat cells, it's provided with a stable energy source, which then decreases the need to eat. This mechanism is

speculative, however it *does* help to explain why studies are finding that Intermittent Fasters tend to have reduced hunger.

Helps Reduce Sugar Cravings

Sugar cravings are typically caused by one of two things: being hungry/not eating enough OR stress. By reducing hunger with the fast followed by eating enough protein and fat during the eating window, you are able to bypass one of the major causes of sugar cravings - not eating enough/being hungry.

Helps Reduce Body Fat Percentage

Typical calorie restrictive protocols will usually result in both a loss of fat and muscle. This is due to simply eating *less* overall. With Intermittent Fasting, you're not necessarily eating *less*, you're eating *less often*. And therein lies all the difference. The reduced frequency of meals helps to keep insulin from spiking all throughout the day, and therefore keeps the body in a fat burning state longer.

Helps Protect Muscle Mass

Intermittent Fasting can also help raise the muscle protecting hormone called Growth Hormone. Some of growth hormone's main jobs include protecting and repairing muscle and increasing fat breakdown. Growth hormone is going to be suppressed (or decreased) when insulin is high. By incorporating daily fasting, it's been found to help naturally boost growth hormone and protect muscles from breaking down.(10) And if you're working toward a body composition goal, this is exactly what you want: increased or maintained muscle while losing body fat. You *don't* want to lose fat *and* muscle. This combination can result in decreased insulin sensitivity and make it harder to achieve a weight loss goal in the future.(21)

Helps Improve Sleep

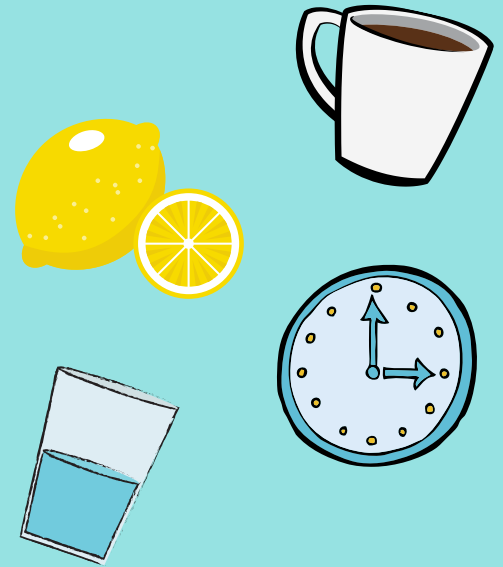
Poor quality sleep has been linked to increased weight gain around the belly, increased cortisol (stress hormone) levels, increased ghrelin (hunger hormone) levels and increased insulin resistance. (9) One strategy that has been found to aid in improved sleep quality is to not eat 1-2 hours before bed. Eating too close to bed can disrupt sleep and reduce sleep quality. By incorporating Intermittent Fasting, you cut out the bedtime snacks that might have ordinarily reduced your sleep quality.

Boosted Autophagy/Cell Cleanup

Remember how I mentioned that your body cleans out dysfunctional organelles during autophagy? Well there's one really important organelle called the mitochondria. This is where nearly all of your energy is produced. When you walk, talk and breathe, you're using the energy produced by your mitochondria. Each cell has thousands of mitochondria to help your body produce enough energy for your day to day activities. But with so much use, many mitochondria can become dysfunctional and begin to inefficiently produce energy. This can lead to brain fog, feelings of sluggishness, inability to concentrate and plateaus in weight loss. The more often you utilize Intermittent Fasting, the more "bad" mitochondria and other organelles that you can get rid of with autophagy. Hello better sleep, shining skin, increased energy levels, boosted fat burning and increased longevity!

INTERMITTENT FASTING MYTHS

Myths in the nutrition world usually start from misinterpreting a study or taking what seems like "common sense" as fact (without any research to verify it). So I'm breaking down four of the most common Intermittent Fasting myths and what the research currently says.



1

YOU'LL LOSE MUSCLE

This can happen... if you don't eat enough protein. But this can happen in *general* if you don't eat enough protein. It's not unique to Intermittent Fasting. In fact, Intermittent Fasting has been found to boost growth hormone, which protects *against* muscle loss.(10)

2

YOUR METABOLISM WILL SLOW

Studies on Intermittent Fasting are actually showing that it *increases* metabolism.(11) This is opposite of the traditional calorie restrictive method of weight loss which *has* been shown to decrease metabolism. (12)

3

YOU'LL BE HUNGRY

Unlike traditional calorie restrictive methods of weight loss, Intermittent Fasting is not necessarily eating *less*. Instead, it's about eating *less often*.

Studies on Intermittent Fasting are even finding that I.F. reduces hunger levels.(5)

4

WOMEN CAN'T FAST

This myth stems from studies done on women using *alternate day fasting* (ADF).(13) With this type of fasting, nothing is consumed (in other words, a complete fasting day) every other day. This means *every other day* the women using ADF weren't receiving protein, fat or fiber needed to support their bodies. This makes sense why women didn't respond well to this form of fasting! It's essentially a modified form of calorie restriction, which women are particularly sensitive to. With time restricted eating (ex: 12, 14, 16 hour daily fasts), the goal is to still eat enough for the body to support its functions and prevent the state of semi-starvation. Remember, not *less*, but *less often*.

WHO CAN BENEFIT FROM INTERMITTENT FASTING?

Considering an estimated 100 million Americans are living with diabetes or pre-diabetes (an insulin related disease) and millions suffer from consistent bloating, nearly everyone can benefit from a daily Intermittent Fast.(14) Intermittent Fasting turns on *natural* pathways in our body that signal cellular and gut cleanup. Without some degree of "fasting" each day, these vital pathways can't be triggered.

Due to Intermittent Fasting's impressive role in MMC stimulation, insulin regulation and fat burning, a variety of individuals may benefit from Intermittent Fasting. This can include hyperinsulinemia issues such as persistent acne, PCOS and insulin resistance; or gut health concerns such as bloating or IBS; or body recomposition goals where you're looking to lose fat but not lose muscle. You can flip back to the previous pages and review the studied perks of Intermittent Fasting for more details on each of these

The only few caveats to consider are if you're pregnant, breastfeeding, recovering from an eating disorder or if you were specifically advised by your doctor to *not* use Intermittent Fasting due to your health history.

While pregnant and breastfeeding, it's important to prioritize first getting *enough* of the right types of food in your body in order to support the growth of your child. Due to Intermittent Fasting's natural suppression of hunger, this might not be the best tool for you at this time. However, it's still important to focus on high quality protein, fat and fiber.

When recovering from an eating disorder, it's crucial to first heal your relationship with food while working with a nutritionist and therapist specialized in this area.

And lastly, some medical conditions or medications might merit a different eating schedule. It's important to discuss your goals with Intermittent Fasting with your doctor to make sure it's a good fit for you and your health history.

Some medications, such as blood pressure and blood sugar medications, may need to be adjusted over time while using Intermittent Fasting. Make sure to consult your doctor about your Intermittent Fasting routine so that any necessary adjustments to medications can be made.

CREATING YOUR EATING WINDOW.

Choosing the length of your “eating window” depends on you! I recommend at most starting off with an 8 hour eating window (meaning, 16 hours of fasting). Jumping straight into an 18 or 20 hour daily fast when you aren't quite metabolically flexible yet can lead to a rough transition. You can also begin with a larger eating window/shorter fast if you're brand new to Intermittent Fasting or used to eating multiple times throughout the day. This is a great tool to make your transition into using Intermittent Fasting smooth and enjoyable. In fact, you can check out the other tips to ease into Intermittent Fasting on page 21. (Make sure you read through the entire Program before starting! This is VERY important! Remember, knowledge is power.) An 8 hour eating window is ideal, as most of the studies on Time Restricted Eating have been centralized around a 16 hour fast. You can also choose a 6 hour or 4 hour eating window, but I don't recommend this unless you have been doing Intermittent Fasting for multiple months. I also created a free quiz on my website that you can use to help determine your ideal fasting length. You can check it out [HERE](#).

Now *when* you start eating is also highly dependent on your schedule. Ideally, the eating window should be positioned in the middle of the day. For example, an 8 hour eating window could be 10am-6pm so that meals are "centered" around the middle of the day. Eating too early in the morning (ex: before 8am) or too late in the evening (ex: after 8pm) can line up when the body is typically the most insulin resistant, making it easier to shift into "storing" mode and work against a weight loss goal. However, your eating window primarily needs to fit your realistic schedule. If you work late and therefore wake up later in the morning, then your eating window needs to reflect this. Ideally, aim for your eating window to end at least 1-2 hours before you go to bed.

A good rule of thumb when picking your window is to start with when you KNOW you can eat dinner, then counting 8 hours backwards (assuming you choose a 16 hour fast) from there to determine your 8 hour window. Never sacrifice dinner time spent with friends and family. Social meals are important to physical and mental health. For that reason, set dinner as your marker and count backwards from there.

A note to remember – when choosing your eating window, remember that the window ends before or right when you take your last bite of food, not when dinner starts. For example, if your window is 12pm-8pm, you would finish eating your dinner at or before 8pm. If you go to bed and wake up early, you can change your window to fit this schedule. I tend to go to bed by 8:30-9:00pm, so I set my window from 10:30am- 6:30pm. The window is flexible, so make it work for you and your schedule!

WHAT BREAKS A FAST?

Determining what breaks a fast depends on the type of fasting you're using. If you're following a "true" fast, then anything other than water, electrolytes, unsweetened coffee and tea will break a fast. However, if you're using the "fasting mimicking" approach, you can be a bit more flexible with your fasting window. The goal with fasting mimicking is to *not* spike the storing hormone insulin. Anything that spikes insulin will break a fast and shut off fat burning. Protein and carbohydrates both have the potential to spike insulin (carbohydrates being the highest). This means only fat containing food products can be added to a "fasting mimicking" fast. A good rule of thumb is to aim for less than one gram *total* of protein and carbs. For example, if something contains .9 grams protein and .9 grams carbs, this will total at 1.8 grams and shouldn't be used during the fast. There isn't a hard and set rule for exactly how much protein and carbs will break a fast. However the "One Gram Rule" helps to ensure that you don't accidentally consume too much protein or carbs during the fast. Checkout some common examples of what does or does not break this type of fast below.



Keto Coffee: Keto Coffee contains pure fat sources from grass-fed butter (or cacao butter) and coconut oil. Therefore it will not break a fast.



Apple Cider Vinegar (ACV): ACV is under the threshold of the One Gram Rule and therefore will not break a fast at a 1-2 Tbsp. serving.



Electrolytes/sea salt: Pure electrolytes don't contain protein, fat or carbohydrates and therefore will not break a fast. Beware of sugary electrolyte replacement supplements/drinks. These will break a fast.



Lemon water: The devil is in the details with lemon juice. About 1/4 of a lemon will keep you under the One Gram Rule.



Stevia/Monk Fruit: These sweeteners technically do not contain any carbohydrates and therefore will not break a fast. However, some people are still sensitive to sweeteners (even zero calorie options). If you find that you're not achieving your weight loss goal, experiment with removing stevia or monk fruit.



Pro tip! Checkout the AEN Blog for articles covering the deets on specific ingredients and whether or not it breaks a fast [HERE](#). We've got blog posts covering toothpaste, supplements, sparkling water, kombucha and more!

INTERMITTENT FASTING STORIES + INSPO.

Meet AENpeeps from all around the world and read about their inspiring wellness journeys. You can click each of their links below to read more about them and their experiences.



KAROLA

"I lost over 25 lbs in about 4 months and went from a size 14/16 to a size 10."

Read Karola's full story [HERE](#).



MONICA

"I have stopped obsessively counting calories and living in what felt like a persistent state of starvation."

Read Monica's full story [HERE](#).



RON

"My goal was 40 lbs by July 25, 2020 and a total of 70 lbs by the end of 2020. On July 17, 2020 I was down 71 lbs...I'm getting some of my old swagger back"

Read Ron's full story [HERE](#).



JENNY

"In the last 15 weeks, I have lost 22 lbs., have more energy and sleep so much better."

Read Jenny's full story [HERE](#).



ANDREA

"I was like 'wow I'm eating more foods, and bloating less!'"

Read Andrea's full story [HERE](#).



JEANNETTE

"When I did my 1st detox I was hooked and now I'm down 29lbs. I sleep so good, feel happy and my energy is amazing... I feel clarity if that makes sense"

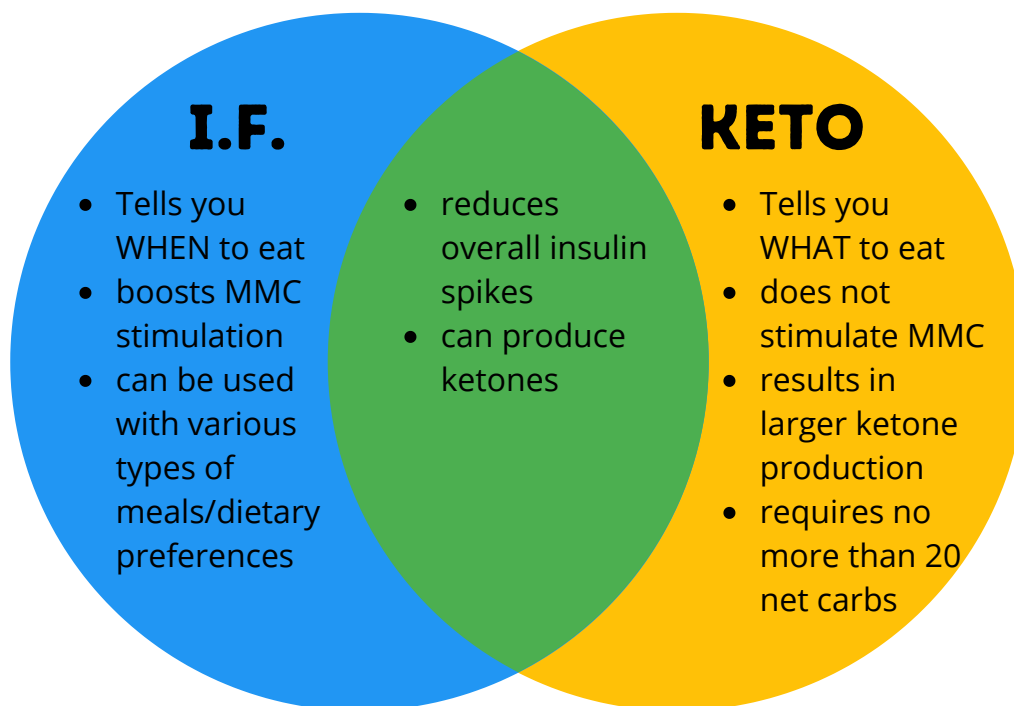
Read Jeannette's full story [HERE](#).

IS INTERMITTENT FASTING KETO?

Keto (aka the Ketogenic Diet) is a protocol that requires very high levels of fat (70-90% of your daily intake) and very low levels of carbohydrates (typically less than 20 net grams of carbs per day) in order to push your body into a state of ketosis. Ketosis has been found in some studies to increase fat burning more efficiently than a low fat diet.(15) Intermittent Fasting utilizes the fat burning state (called lipolysis) which can result in ketosis by allowing insulin to naturally dip down during the fasted state. In other words, both can result in ketone production, but one does it through eating a very high fat, low carb diet while the other does it through a daily fast.

Through your fasting period, AEN Nutrient Timing and by utilizing the Keto Coffee in The 21 Day IF Program, your body can begin to tap into fat burning mechanisms while also strategically timing higher quality carbohydrates to help improve sleep quality. In The 21 Day Intermittent Fasting Program, you may be eating more fats than you are likely used to, especially earlier in the day. This is to help stabilize your blood glucose levels, increase satiety and improve Metabolic Flexibility in order to turn on fat burning mechanisms. BUT you will also be having small amounts of higher quality starchy carbohydrate sources in the evening to promote melatonin (sleep hormone) production and to refuel your muscle glycogen from your workouts. Starchy carbohydrates do have a higher potential to spike the storing hormone insulin when compared to protein or fat. However, each person's individual carbohydrate tolerance will vary depending on your carbohydrate sensitivity. We'll be diving into those specifics in the upcoming pages.

Long story short: is The 21 Day Intermittent Fasting Program Keto? No. But it does take advantage of the human state of Ketosis without eating such high sources of fat with the tools that you will be following throughout the Program.



WORKING OUT + FASTING.

Working out during your I.F. program will help you reap even more fat burning and energy boosting benefits. Exercise, particularly strength training, can help to further improve insulin sensitivity, which can make it easier to burn fat as fuel. Not to mention, walking during the fasted state allows the body to naturally tap into fat as fuel because it's a lower intensity exercise.

What time is best to workout while on the Intermittent Fasting Program? I recommend working out at the time that will be most consistent for you. Consistency is key. However, there are a couple of options that will be best for you to consider.

Fasted Exercise

I.F. helps to increase your growth hormone levels by up to 1800-2000% which aids in fat burning and helps protect your muscles from breaking down.(10) This will be the best time for you to take advantage of the boosted growth hormone levels and fat burning state. Plus, your body will be forced to use fat as fuel because you are in a fasted state. This can accelerate your Metabolic Fitness results. If you're new to fasting and choose a completely fasted workout, try and plan your first meal to be right after or within 1-2 hours after your workout. This can help to ease your transition into fasted workouts. You may want to start off with lighter exercises (walking, swimming, light strength training) during the first 1-2 weeks of I.F. as your body re-learns how to use fat as fuel. The 21 Day Intermittent Fasting Program provides a suggested strength training routine that you can use once you've become more metabolically flexible and therefore have increased access to energy during your fast. See page 21 for additional tips on easing into Intermittent Fasting.

Lunchtime Workout/"Fed" Exercise

This can be tricky for most who have to work during the day or don't get long lunch breaks, but it can be done if you feel like you need some fuel in your tank before you hit the gym. In terms of timing, I recommend that you wait a few hours (at least 1 hour) after your first/second meal before you get your workout in. Otherwise, you may experience lower energy during your workout while your body diverts energy to your GI tract for digestion, rather than to your muscles for exercise.

Daily Walks

Walking is a low impact, low intensity exercise that helps the body to better use fat as fuel. It's also completely free and requires zero equipment! In order to take advantage of increased fat burning during the fast, you can incorporate a 15-30 minute walk before your strength training. Bonus, this also helps to warm up your muscles, too! As long as you don't have an injury that limits walking, generally speaking the more walking, the better. So feel free to add a lunch time walk and evening walk in, too!

NERDING OUT ON METABOLIC FLEXIBILITY.

What is Metabolic Flexibility?

Your body has two main ways to make and use energy (your body actually has many various pathways it uses to make energy, but for the sake of keeping my nutrition rant to a readable minimum, I'm simplifying things a bit). You can use stored carbohydrates or stored fats.* Your ability to easily switch back and forth between using either stored carbs or stored fats demonstrates how metabolically flexible you are.

If you have inefficient or low functioning mitochondria (energy source within your cells), then it will primarily use stored carbohydrates and not stored fat as fuel. Your mitochondria can become inefficient at burning fat if you eat processed foods, have a high carbohydrate diet, don't include enough antioxidant rich foods or experience excessive stress on the body. Most people are metabolically inflexible and are stuck in carbohydrate burning all day because their mitochondria aren't efficient. The body will also be "stuck" in this state of carbohydrate burning if insulin is high. Insulin shuts off the process of lipolysis (fat burning). So if insulin is chronically high from either eating too often (snacking or grazing) or from eating a higher sugar or higher carbohydrate diet, this will *also* hinder metabolic flexibility and stop the body from burning fat.

*Side note: yes, technically you can also use protein for energy. But once you're at this level of energy usage, your body is in a state of starvation, which is not good.

The Science-y Deets

Carbohydrates are stored mostly in your muscles as glycogen. You only have about 2,000 calories worth of glycogen that your body can use at any given time for energy. Stored fats are stored in fat cells called adipocytes (or adipose tissue). Even if you are very lean - and I'm talking 10% body fat - you still have about 40,000 calories worth of energy stored as fat to use.

Because you have a lot less carbs that you're able to store, this isn't a stable source of energy. That's why if you're stuck in this carb burning state, you may find yourself having the munchies around 3pm, getting mood swings if you haven't eaten (AKA hanger), or needing to eat every 2-3 hours. The more metabolically flexible you are, the easier it is for your body to tap into fat stores for a stable energy source. By cleaning up the mitochondria with Intermittent Fasting and focusing on lower insulin spiking meals with the AEN Nutrient Timing, we're helping to address these two important aspects of metabolic flexibility.

INTERMITTENT FASTING + KETO COFFEE.

Keto Coffee (or Teal!) can be made a variety of ways. However typically it will contain a combination of freshly brewed coffee/tea, grass-fed butter and coconut oil. You can even make Keto Coffee/Tea plant-based by swapping the butter out for cacao butter. Keto Coffee is also one of the most useful tools for beginners to Intermittent Fasting. One of the hallmark signs of fasting is the lower insulin level. This allows fat burning to stay on during the fast. Because Keto Coffee doesn't contain any carbohydrates or protein, only pure fat sources, it actually *keeps* the body in a state of fat burning and therefore stay in a "fasting mimicking" state. In addition, the fats in the Keto Coffee help to stimulate satiety and prevent hunger during the fasted state. By using Keto Coffee, you can more easily transition into using Intermittent Fasting.

If you choose to use grass-fed butter (or ghee) in your Keto Coffee, you can double down on the health perks of your morning cuppa by getting a good source of the anti-inflammatory butyric acid. This fatty acid has been found to help reduce inflammation in the intestines.(10)

It's important to note: if you're looking for maximum stimulation of the MMC, then you'll want to have your Keto Coffee later in the fasting period, about 1-2 hours before you break your fast (this is discussed in more detail with the [Gut Healing Guru protocol in the Level Up Guide](#)). However, if you're looking to primarily tap into fat burning mechanisms and achieve a weight loss goal, you can use Keto Coffee at any time in the morning during your fast.

KETO COFFEE
cheers



The type of coffee that you use also has a big impact on your health and wellness goals. This is why I only drink and recommend Organic Purity Coffee. Many coffees contain mold, mold-toxins and pesticides. Even some organic coffees aren't free of mold and mold-toxins.

Purity Coffee is organic, which means no pesticides. It also goes through extensive lab testing to ensure that there's no mold or mold-toxins. Coffee in general is one of the richest sources of antioxidants in the human diet. It has more than double the amount of antioxidants in blueberries and dark chocolate! However, Purity Coffee has 65% more antioxidants than other organic coffee brands. You can checkout the lab results on Purity Coffee's antioxidant levels [HERE](#). For all these reasons, Purity is the only coffee that I drink.

You can get 20% off Organic Purity Coffee using my code AUTUMN at checkout [HERE](#).*

Keto Coffee cheers to high quality, organic coffee!



ELECTROLYTES + HYDRATION.

Sodium for the longest time received a terrible reputation. Before we were more nuanced at testing potential heart risk factors, such as blood pressure, it was widely assumed that sodium *caused* high blood pressure. It turns out that insulin is more likely to blame. Insulin signals to the kidneys to hold on to fluid and sodium. This can result in an increase in blood volume and blood pressure. This is also likely why when one study compared a low carbohydrate diet (therefore, a lower insulin spiking diet) to a low fat diet that also used a blood pressure reducing medication, the study found that nearly half of the low carb diet group were able to come off of their medication, whereas only 21% of the low fat/blood pressure medication group did.(17)

Sodium (one component of salt) is an extremely important electrolyte that is used to help send messages from the brain to the rest of the body, aid in absorbing nutrients and contract/relax muscles. Too little sodium can lead to a condition called hyponatremia. The most common symptoms of hyponatremia are low energy, headaches and nausea.(18) These exact symptoms are also commonly experienced when someone first starts to implement Intermittent Fasting. Remember, one of the main perks of Intermittent Fasting is that it naturally allows insulin to dip down during the fasted state.(5) This is great for fat burning purposes, but it's crucial to replace the water and sodium that is lost in this process.

This is why incorporating Celtic Sea Salt into the ACV Sipper is crucial. However, some people may need more salt, depending on their activity level and how much they're sweating. In fact, it's suggested by some researchers and experts in the field that anywhere between 1-5 grams of sodium can be lost per day with fasting.

So the question is: how much sodium (or electrolyte replacement) do you need to be taking? A good approach is to slowly increase salt intake depending on how the body is feeling. For example, salt can be increased by about 1/8-1/4 tsp. if experiencing any of the common electrolyte imbalance symptoms (headache, nausea, low energy). There isn't clear cut science as to exactly how much sodium and electrolyte replacement is needed per day. However, knowing the commons signs of an electrolyte imbalance can help arm you with the knowledge of slightly bumping up the high quality salt intake for the day. Starting with an additional 1/8-1/4 tsp. and increasing it from there as necessary based off of how you are feeling is a great place to begin.

Please understand that while some individuals will benefit from incorporating high quality sea salt, others may be contraindicated. If you have a history of high blood pressure or you're using medications, it's helpful to work with an experienced medical provider who can determine your ideal electrolyte balance to best serve your health history and goals.



TIPS TO

EASE INTO I.F.

1. START WITH A SHORTER FAST

Shorter fasts can be anywhere from a 12-14 hour fast. With this range, you can slowly ease into Intermittent Fasting while still reaping the benefits of boosted MMC (gut cleaning) and reduced frequency of insulin release.

2. WALK MORE + TEMPORARILY REDUCE OTHER EXERCISE

Walking is a low intensity exercise that primarily uses fat as fuel. Higher intensity exercises can shift the body into using carbohydrates as fuel instead, making it more difficult for the body to become metabolically flexible. The first 1-2 weeks of Intermittent Fasting, try walking for 30-60 minutes per day instead of your usual workout routine. After this transition period, you can slowly reincorporate your usual exercise routine or the suggested workouts in this program.

3. USE KETO COFFEE (OR TEA!)

As your body first re-learns how to use fat as fuel, Keto Coffee (or tea!) can be an amazing tool to prevent hunger during the fast while also keeping the body in fat burning mode.

4 HYDRATE EARLIER IN THE DAY

Along with your electrolyte intake, it's crucial to be replacing the water that is lost during the fast. Aim for a daily intake of at least half your body weight in ounces per day. For example, if you weigh 150 pounds, you want to aim for 75 oz. of water. If you're exercising, increase this by an additional 16 ounces per day. Try and have at least half of your water intake during your fast. This is the most dehydrated part of your day, so front-loading your water intake can better help to hydrate your body (without multiple trips to the bathroom at night).

YOUR SOCIAL LIFE + FASTING.

A common misconception with Intermittent Fasting is that you *must* stick with the same exact eating window every single day. This can pose a serious problem for the weekends. During the week, it can be fairly simple to maintain the same fasting schedule. However, on the weekends, most people tend to wake up and stay up a little later. This can throw off your usual Intermittent Fasting routine and make your eating schedule a bit complex.

This is where Window Shifting can come in handy. Window Shifting is a strategy where you start your eating window 1-2 hours later than your usual window. As a result, you can now *end* your eating window (start fasting) 1-2 hours later as well. This works perfectly on the weekends so that you can allow for slightly later dinner reservations while still incorporating Intermittent Fasting. After the weekend, just switch back to your usual eating window.

This brings us to the alcohol question... does it break a fast?!

Alcohol's impact on insulin is... complicated. One 2015 review of studies on alcohol's effect on insulin and blood glucose control came up with contradicting results. Some research states "conclusively" that alcohol causes insulin to *decrease* (which would theoretically be a GOOD thing if weight loss is your goal), while others show that alcohol negatively affects the liver and insulin resistance.(19) And an important thing to note about these studies is that typically ethanol (the basic form of alcohol) was used. And most of us aren't drinking straight up ethanol (nor should we be). Common alcoholic drinks may be wine, beer or a cocktail, which of course, will have a much different affect on the body than pure ethanol. These cocktails and drinks have additional compounds to consider, namely sugar, which will stimulate an insulin response. As a good rule of thumb, stick to 1-2 drinks up to two times per week *during your eating window*. And preferably opt for a low-sugar option like dry farm wine or a vodka soda.

MY WEEK DAY: 10AM-6PM



MY WEEKEND: 12PM-8PM



NERDING OUT
on nutrition



THE 3 MEAL DAY.

You'll see that the 21 Day Intermittent Fasting Program is formatted with a three meal structure. This is intentional for a few reasons:

Allows for gaps between meals (no snacking)

Every time we eat (including snacking), it causes the body to secrete the storing hormone insulin. Plus, snacking prevents the body from activating the gut cleaning process called the Migrating Motor Complex (MMC). One goal with the 21 Day Intermittent Fasting Program is to move toward feeling satiated with your meals and not requiring snacks.

Easier to get in protein

It may be too difficult to fit in your protein needs with a two meal structure. Some people thrive with a two meal structure (see below for the deets). However from my experience, most people do best with splitting their protein between three meals due to protein's highly satiating nature.

However, there are many AENpeeps that choose to opt for a two meal structure, as it fits their lifestyle better. A two meal structure is certainly an option, however here are a few things to consider when making adjustments. The biggest one being:

Mind your protein

If you choose to experiment with a two meal structure, remember to compensate for your protein. Now that you'll have just two meals, you'll need to split that "lost" serving of protein between your two meals. So instead of one serving of protein at each of your three meals, you'll want to aim for a serving and a half at each of your two meals. You can use page 28 to calculate your needs and get a better idea of how many ounces of protein you should aim for at each of your two meals. Simply take your total protein needs that you've calculated for the day and divide it by two (for the two meals) rather than three.

Remember, this Challenge is about YOU and adjusting the Meal Plan to your goals, lifestyle and needs. So if you do best with a two meal structure and you've addressed your protein and hunger levels - great! But if you experiment with a two meal structure and you've determined it's not for you, you can always switch back to the three meal route.

AUTUMN ELLE NUTRITION

NUTRIENT TIMING.

Many “diet protocols” rely on reducing one type of macronutrient or reducing overall calories. I have found with my clients and myself that it's not *what* you eat, but *WHEN* you eat that makes all the difference. Enter the magic of AEN (Autumn Elle Nutrition) Nutrient Timing. There are 3 macronutrients: fat, carbohydrates, and protein. Nutrient Timing focuses on the strategic timing of each macronutrient throughout the day in order to help balance satiety/hunger hormones and tap into fat burning mechanisms.

You will notice that your break-fasts and lunches are high in fats. Fat is the only macronutrient that doesn't have a major impact on insulin. Protein's impact on insulin is fairly low, but it can still stimulate a response. Carbohydrates on the other hand have the highest response on insulin. Fats help to keep you satisfied and prevent hunger. When you eat high quality sources of fat, it causes the release of the hormone cholecystokinin (or CCK) in the body. This tells your brain that you're full and satisfied. When you break your fast, higher amounts of fats are needed to maintain satiety and prevent sugar cravings throughout the day. Fat also doesn't affect blood glucose levels, which is a good thing.

When the blood glucose is high (generally from a higher carbohydrate or sugar meal), this leads to increased insulin release, which shifts the body out of fat burning (aka lipolysis) and into fat storing. But with the highs come the lows. When insulin brings this high blood glucose down (after a higher carbohydrate meal), it can tend to bring it well below a stable baseline of blood glucose. This often leads to feelings of low blood sugar within 1-2 hours after a higher carb meal. Cue sugar cravings, hunger (or hanger), feelings of anxiety and the urge to eat NOW. This leads to those cravings of chocolate, crackers, candy, soda and any other high carb treat to get the blood glucose back up quickly. These high carbohydrate meals (eaten as a result of the low blood glucose feelings) swing the blood glucose back up and the process repeats itself. This roller coaster ride can lead to constantly secreting insulin which keeps you in storing mode and can lead to states of hyperinsulinemia and insulin resistance. Especially when it comes to fertility and weight loss, researchers are finding issues with insulin resistance can make it harder to achieve your goals. (2, 20)

This is why you want to start off your first meal on the right foot without those spikes and falls in blood glucose levels. A meal higher in fat helps to keep the insulin level lower while boosting cholecystokinin (CCK). CCK acts as a natural appetite suppressant to keep you satiated between your meals.

Protein provides the building blocks for the majority of your enzymes, hormones, muscles and cells. It doesn't inherently provide energy (unless you are in a state of starvation). It's also the most important macronutrient when it comes to achieving a body recomposition

goal. (22) This means that you're losing body fat while maintaining, or even gaining, muscle. With any weight loss goal, body recomposition *should* be the goal. If you lose muscle mass in the process of losing body fat (which is typically the result of calorie restriction methods), this can make it *harder* to achieve a weight loss goal in the future. Muscle is important for boosting insulin sensitivity.(21) The more insulin sensitive you are, the easier it tends to be to burn fat as fuel. So if you lose muscle mass by not exercising or not getting enough protein, this can make the body more insulin *resistant* (the opposite of insulin sensitive) and make it harder to achieve a weight loss goal in the future. Protein also helps to massively boost satiety at your meal by stimulating the release of the hormone peptide YY. This acts as a natural appetite suppressant, along with CCK from fat. You will be having a moderate amount of protein at each meal to help stabilize your blood glucose levels and increase the satiety of your meal. You can find the details for how to calculate your protein needs in the next few pages.

Carbohydrates can be used to help restore muscle glycogen, provide energy for your red blood cells and promote high quality sleep.(23) In order to reap the benefits of healthy carbohydrates without having the spikes and falls in blood glucose and insulin levels, you will be having your starchy carbohydrates with your last meal of the day. You aren't *loading up* on blood glucose spiking starches at this last meal. Rather you'll be providing moderate amounts of 1/2-1 cup high quality, lower glycemic starches in order to reap the benefits of starches without throwing your body back into that blood glucose roller coaster. The timing of the starches helps to limit the window of time in which you may have a spike and fall in insulin. This also provides carbohydrates before bed in order to aid in muscle recovery while you sleep.

Because you will be including starchy carbohydrates in the evening, you will be reducing your fat intake at night. With the slightly increased insulin response from the starchy carbohydrates, higher amounts of fat will be ignored as a fuel source and immediately stored instead. This isn't to say that you will have *zero* fat at dinner. Instead, you will simply not be *emphasizing* fat the way you do with your first two meals.

However, some people are more carbohydrate sensitive than others and even small amounts of starches will work against your goals, if this is the case. If you find that you are not losing weight with the inclusion of starches at dinner, you can experiment with swapping out the starches for fiber-rich, non-starchy veggies instead. You can check out high quality sources of protein, fat, fiber and starchy veggies over the next few pages.

AEN NUTRIENT TIMING ON A PLATE.

You have *all* the amazing meals within this Program to choose from... but what if you feel like creating something yourself? How do you follow the AEN Nutrient Timing while making your own masterpiece? As long as you follow the simple guidelines below and hit the nutrient markers, you can make your own yummy creations AND feel awesome!

BREAK-FAST

This is where you want to focus on stabilizing your blood glucose levels and easing the transition from a fasted to a fed state. For that reason, you want to limit your fruit and/or starchy carbs here and focus on protein, fat and fiber.

Follow these guidelines for your break-fast:

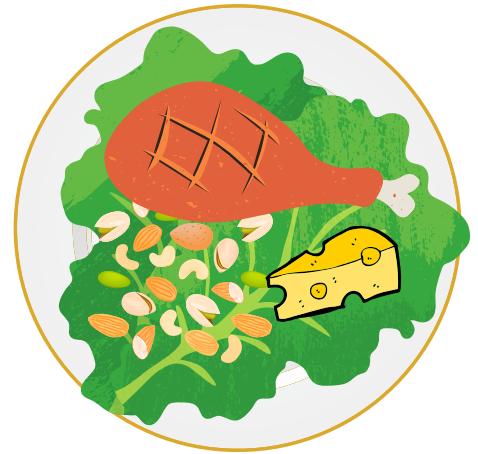
- 1 serving protein
- 3-4 servings of fat
- 1-2 servings of fruit (1 if carb sensitive)
- Add as much non-starchy veggies as you please!



LUNCH

At lunch, you want to follow a similar structure as your break-fast in order to keep your energy levels high and feel satiated. Follow these guidelines for your lunch:

- 1 serving protein
- 3-4 servings of fat
- Up to 1 serving fruit
- Add as much non-starchy veggies as you please!



DINNER

This is where you can incorporate a healthy starchy carb in order to help increase melatonin (sleep hormone). Since you're getting ready to go to sleep, you'll want to decrease your fats at this meal so that you don't slow down your digestion before bed. Follow these guidelines for your dinners:

- 1 serving protein
- 1-2 servings fat
- 1 serving (1/2-1 cup) starchy carbohydrate (optional)
- Add as much non-starchy veggies as you please!



HOW TO CALCULATE YOUR PROTEIN NEEDS.

Protein is essential for achieving body composition goals (meaning, losing fat while maintaining muscle). It's also required for feeling satiated and satisfied after meals. Unfortunately, from my experience working with clients one-on-one, the vast majority of women (and even men!) are not getting enough protein to meet their body's needs. So on this page, you'll be calculating how much protein you should be aiming for and the following page will provide dietary sources of protein that you can use throughout the Program. We'll be using a factor of between 1.2-1.6 grams of protein per kilogram of bodyweight. Use the steps below to help determine where you fall in that range.

Step 1: Select your activity + hunger range

Use the categories below to best determine where you fall in the 1.2-1.6 range.

1.2	1.4	1.6
<ul style="list-style-type: none">• You exercise (run, swim, bike, strength) 2 days or less per week• You're not a big snacker• You don't have a big sweet tooth	<ul style="list-style-type: none">• You exercise (run, swim, bike, strength) 3-4 times per week• You eat snacks occasionally• You have a moderate sweet tooth	<ul style="list-style-type: none">• You exercise (run, swim, bike, strength) 5 days or more per week• You rely on snacks between meals• You have a big sweet tooth

Step 2: Calculate your current weight in kilograms*

If you already know your weight in kilograms, you can skip this step.

*If your BMI is greater than 30, you will want to use your goal body weight for this calculation instead.

_____ (weight in pounds) / 2.2 = _____ (weight in kilograms)

Step 3: Put it all together!

_____ (number from step 1) x _____ (weight in kilograms)
= _____ grams of protein needed per day

HIGH QUALITY PROTEIN SOURCES.

Below you can find a fairly comprehensive list of various protein sources. Each protein source is listed in one ounce (28 grams by weight, for my non-U.S. AENpeeps) servings so that you can get an idea of the protein content of each food source you're using. For example, if you calculate that you need 28g of protein per meal, you can divide 28 by the grams of protein in your chosen source below to find how much of the ingredient you will need at your meal. If you chose chicken breast, you would divide 28 grams by 9 grams to get around 3.1 oz. of chicken at your meal. The goal is NOT to try and hit these numbers *exactly*. Rather, it is to give you an idea of your protein needs and roughly how much protein should be on your plate.

From the Land:

- Beef (ground, steak, stewing beef, etc) - 8 grams
- Chicken Breast (boneless) - 9 grams
- Chicken Thighs (boneless) - 8 grams
- Turkey - 8.5 grams
- Deli Meats, sliced (ham, turkey, chicken, etc) - 4-6 grams
- Pork - 8 grams
- Cured Meats (salami, bacon, prosciutto) - 6 grams
- Breakfast sausage - 4.5 grams
- Sausage (chorizo, bratwurst, etc) - 4 grams
- Venison - 8.5 grams
- Lamb - 6.5 grams
- Goat - 7.5 grams

From the Sea:

- Fatty Fish (Salmon, Tuna) - 7 grams
- White Fish/non-fatty fish - 7.5 grams
- Shrimp - 6.5 grams
- Squid - 5 grams
- Oysters - 2 grams
- Lobster - 5.5 grams

Plant-Based:

- Tempeh - 6 grams
- Tofu, Firm - 3.5 grams
- Edamame - 3.5 grams
- Hemp seeds - 9 grams

Vegetarian:

- Cheese - 6.5 grams
- Greek Yogurt - 2.5 grams
- Yogurt - 1 gram
- Cottage Cheese (full fat, 4%) - 3.2 grams
- Halloumi - 6 grams
- Egg (1 medium egg) - 5.5 grams
- Paneer - 6 grams

Incomplete Plant-Based Proteins:

- Lentils - 2.5 grams
- Most beans (except for chickpeas) - 2.3 grams
- Chickpeas - 2.5 grams
- Peanuts - 7 grams
- Green peas - 1.5 grams
- Flax seeds - 5 grams
- Chia seeds - 4.5 grams
- Almonds - 6 grams
- Almond Butter - 6 grams
- Peanut Butter - 7 grams

FOODS RICH IN SATIATING FATS.

Foods rich in high quality fats help to stimulate the satiety hormone cholecystokinin (CCK). When you eat enough fats and enough protein, the body is signaled to not be hungry. This combination helps to shut off the urge to snack.

However, depending on your activity level or where you're at in your weight loss or wellness journey, you may need an extra serving or two of fats to feel satisfied. You may even need to start eating more fats once you've achieved your weight loss goal. This is a common phenomenon that I've seen with many of my clients who are in maintenance mode, and it makes sense when you think about it. Once your body has less fat to pull from, it will require more from your meals to feel satisfied.

Regardless of the reason, if you find that you need a bit fat more in your meals to feel satisfied, you can add one or more of any of the fats below to your meals.

- 1 Tbsp. olive oil
- 1 Tbsp. grass-fed butter/ghee
- 1 Tbsp. avocado oil
- 1 oz. cheese (aged or fresh, depending on your goals)
- 1/2 avocado
- 1/4 - 1/2 cup olives (any variety)
- 2 Tbsp. nuts (ex: almonds, cashews, walnuts, peanuts*, pecans)
- 2 Tbsp. seeds (ex: chia, pumpkin, pine nuts, flax, sesame)
- 1 Tbsp. nut butters (ex: almond butter, peanut butter*, cashew butter)
- 1 Tbsp. seed butters (ex: tahini)
- 1 Tbsp. coconut butter
- 1 Tbsp. coconut oil (preferably unrefined)
- 3 Tbsp. coconut flakes/shreds (unsweetened)
- 1 Tbsp. grass-fed beef tallow
- 1 Tbsp. cacao butter
- 3-4 Tbsp. sour cream (grass-fed)
- 1 Tbsp. heavy whipping cream (grass-fed)
- 1/2 - 1 cup greek yogurt (grass-fed)**
- 1/2 - 1 serving dairy-free yogurt***
- 1/2 - 1 cup cottage cheese (grass-fed)**
- 2 eggs**
- 4-6 oz. fatty fish such as salmon, tuna and anchovies**
- 4-6 oz. most animal proteins such as beef, lamb, chicken with skin on, turkey with skin on, pork**

*Technically a legume, not a nut.

**This is considered both a protein and a fat serving

***I'm extremely hesitant in general to recommend dairy-free yogurt as most are filled with sugars or additives. However, if you can find a high quality dairy-free yogurt that is free of added sugars, then this can be used as a fat source. Keep in mind, dairy-free yogurts will generally have much less or zero protein than traditional yogurts and you will need to compensate for this by using a protein powder or additional protein source.

MEET THE FIBERS + STARCHES.

Fiber can boost satiety in addition to protein and fat by acting on the stretch mechanism within the stomach, signaling to the brain that you're satisfied. All three of these (protein, fat and fiber) can work together to help reduce/remove hunger throughout the day. A note of caution: be sure to first address your protein and fat before increasing fiber. Protein and fat are needed for the long term satiety, whereas fiber helps with the more instantaneous satisfaction. If you fill up on fiber without getting your fill of protein and fat, then you'll feel satisfied for about an hour before feeling hungry again. If you've addressed your protein and fat and you feel great for multiple hours, but have trouble feeling satisfied immediately after your meal, the fiber boosters below can help you out.

Starches are carbohydrates that are more rich in carbs and typically much lower in fiber than non-starchy carbs. Because of this, starches can tend to spike blood glucose faster than non-starchy veggies. In order to reap the sleep and muscle recovery benefits of high quality starches without spiking insulin too high too frequently, we strategically use starches at the last meal in order to limit these spikes (see the AEN Nutrient Timing on page 25 for more details). High quality starches include beans, lentils, chickpeas, sweet potato, yam, parsnip, plantains, some squash (ex: butternut squash), peas, corn and taro. Most grains are also very high in starches, although I typically don't recommend relying on grains, especially if you are more carbohydrate sensitive. If you find that using high quality starches at one meal a day is not allowing you to break through a plateau or achieve a weight loss goal, you might be carbohydrate sensitive. If you're carbohydrate sensitive, you may want to swap out the starches for fiber rich ingredients (like those below) instead.

FIBER BOOST

FOR ANY MEAL

Depending on your goal, some of these fibers will be better than others.

- 1/2 cup raspberries
- 1/4 cup artichoke hearts
- 1/2 avocado (this doubles as a serving of fat as well)
- 2 Tbsp. chia seeds (this doubles as a serving of fat as well)
- 2 Tbsp. flax seeds (this doubles as a serving of fat as well)
- 2 Tbsp. cacao nibs, raw and unsweetened (also contains some high quality fats)
- 2 cups chopped cabbage
- 1 cup brussels sprouts
- 1/2 cup lentils (this is also fairly high in starches, so if you're following the AWLS protocol in the [Level Up Guide](#), you'll want to skip this one)
- 2 Tbsp. almonds (this doubles as a serving of fat as well)
- 1/2 cup green peas (this also contains some starches, so if you're following the AWLS protocol in the [Level Up Guide](#), you'll want to skip this one)

FOODS THAT WON'T SERVE YOUR GOALS.

These are foods that you'll notice AREN'T in your meal plan. In general, these items won't help you to succeed with your health and wellness goals. It doesn't mean you must totally remove these items for life. However, it's important to find out how you feel not having them in your diet as well. I urge you to remove these items throughout the next three weeks. Journal how you feel and see if the removal of these foods makes a difference in your health journey (which I suspect it will!).

Fructose Rich Foods

We already know that glucose (one of the most simple forms of sugar) can have a huge affect on our storing hormone insulin. However, "sugar" is made up of another simple sugar called fructose which can be just as damaging. Fructose isn't used as energy by the body the way glucose is. Instead, it must be converted into a useable form or stored by the liver. This system of converting fructose worked great back hundreds of years ago when we didn't consume very much sugar. However, as sugar intake increases, so does fructose intake. This means an even bigger load on the liver to process all of that fructose. This is why fructose has been found to lead to increased levels of "de novo lipogenesis" (new fat creation), hepatic insulin resistance and increased triglyceride levels in the blood (a marker for heart disease risk). (24) The most dense sources of fructose will be from high fructose corn syrup, honey, cane sugar, dried or sugar rich fruits, fruit juices and agave. This is why the recipes within the 21 Day Intermittent Fasting Program focus on low sugar whole fruits and limited to zero added sugars.

Keto Treats and Protein Bars

Meaning, "keto" ice cream, cereal, crackers, chips and candy. What these all have in common are highly processed ingredients and non-nutritive ("zero calorie") sweeteners. For most of these "keto treats", they contain zero nutrient value while massively stimulating the sweet taste receptors on your tongue. For some people, this sweet signal from the zero calorie sweeteners in keto treats may still trigger an insulin (fat storing hormone) response. Take AENpeep Katy for example. Katy had been following the Complete Intermittent Fasting Bundle protocols and made amazing progress but couldn't lose the last 10 pounds she was looking to achieve. She was also using quite a bit of the sugar alternatives, such as monk fruit and stevia, that are loaded in the "keto treats". Once she removed these sweeteners, she was able to easily achieve her weight loss goal and greatly reduce her sweet tooth. (You can check out her video interview where she describes this experience on my YouTube Channel [HERE](#).)

Processed Foods

Processed foods are extremely inflammatory, have limited or no nutrients, are stripped of fiber and are linked to many diseases like obesity, type 2 diabetes, cancer, and heart disease.(25) A diet free of processed foods is preferred. This includes protein bars! Protein bars are cleverly marketed candy bars. Just take a look at the first ingredient. It's probably some type of sugar or processed food. An easy way to spot something that is processed: if it isn't refrigerated and if it can sit on a shelf for longer than 2 weeks. There are some exceptions to this rule with foods such as oils, nuts, and seeds. However, it's a good rule of thumb to stick to in general!

Anything With Added Sugars

One of the biggest causes of obesity has been traced to added sugars.(26) Not only do these added sugars contain zero nutrient value, they also increase your blood glucose levels which rapidly increases your insulin levels and initiates a cascade of fat storing. If you're already avoiding processed foods, you're inherently getting rid of many added sugars. However, keep a look out for sneaky added sugars such as beet sugar, date paste, barley malt, tapioca syrup, brown rice syrup, dextrin, dried oat syrup, high fructose corn syrup, and glucose.

Wheat Flour

Wheat flour in the U.S. has been genetically modified to the point that our bodies don't really recognize it anymore – which is likely why so many people are gluten-intolerant or experience Celiac Disease. Better wheat products can be found, but in the U.S. it's pretty difficult. I recommend avoiding it, at least during the 3 Week Program. There isn't a biological *need* for wheat flour, so ideally, you're best skipping it all together. Wheat flour, just like sugar, can cause a significant spike in the storing hormone insulin, making it a poor ingredient if weight loss is your goal.

Grape Seed, Sunflower Seed, Soybean And Corn Oil

These oils are high in omega-6 fatty acids which are inflammatory fats. Omega-6 fats are essential, however most people are consuming very high levels that are out of proportion to anti-inflammatory omega-3 fats.(27) Simply by avoiding seed oils, you can help reduce your inflammatory omega-6 intake.

Low-Fat Dairy Products

Studies show that low-fat diets end up increasing insulin levels which throws you out of fat burning.(28) Low-fat dairy products (such as low-fat yogurt) typically replace the fats with insulin spiking sugar. In fact, another study found that those who consumed the *most* full-fat dairy products were the *least* likely to develop obesity. (29) So feel free to use full-fat greek yogurt in your smoothies or add some feta cheese to your salads -- as long as you aren't pairing it with insulin spiking crackers or sugar!

THE ROLE OF APPLE CIDER VINEGAR.

In recent years, apple cider vinegar has gained a lot of attention in the health and wellness space. This attention is centered around the studies performed on vinegar and weight loss. Typically, studies use between 15-30 mL of vinegar (around .5-1 oz.) diluted in 500 mL (16-17 oz.) of water. These studies have found that vinegar (and the active compound of vinegar, called acetic acid) may help reduce post-prandial (after eating) blood glucose levels and aid in reduced visceral fat. (30, 31) Studies are also finding that vinegar may even assist in reducing fasted insulin levels, which would make it easier to switch back into fat burning. (31)

This is why we incorporate the Apple Cider Vinegar Sipper (aka the ACV Sipper) before the first meal. Drinking diluted apple cider vinegar (plus the pinch of sea salt for electrolytes!) can capitalize on some of the studied benefits of ACV and blood glucose stabilization with your first meal. Plus, the diluted apple cider vinegar will not break your fast. However, caution with drinking the ACV Sipper quickly! You might experience some GI distress or nausea if you drink apple cider vinegar (even when diluted) too fast. That's why it's called the ACV *Sipper*. Ideally, aim to drink the Sipper over the course of 10-15 minutes before your first meal. You can also opt for drinking the ACV Sipper before each of your meals. You will find the ACV Sipper in your meal plan within this Program.

ACV SIPPER

MISTAKES

1. ACV is *not* a magic bullet

You can't simply add apple cider vinegar and not change your eating habits. ACV is a *tool*, not a magic bullet.

2. Adding honey counteracts the benefits

Even just one teaspoon of honey contains 6 grams of added sugar. By adding honey or any other sweetener to your ACV Sipper, you can completely counter the perks of using apple cider vinegar.

3. ACV won't "erase" a treat meal

Drinking your ACV Sipper before a big bowl of cereal or a few slices of pizza won't protect you much from the blood glucose spikes. It's important to not use the ACV Sipper as a reason to increase the frequency of your treat meals. Checkout page 42 for more details on how to incorporate Treat Meals.

DOES ORGANIC + GRASS-FED REALLY MATTER?

Short answer... yes. But you know me, I can't NOT nerd out on Nutrition and give you all of the deets.

If produce isn't organic, then that means it's conventional. Conventional food items are sprayed with pesticides and herbicides such as glyphosate, which has been found to be carcinogenic.(32) If you're consuming dairy products, the goal is to only purchase organic *and* grass-fed. Same goes with beef, except that you'll want to look for the added label of "grass-finished". This means that the cows were able to graze on grass their entire lives, which as you'll learn shortly, has a huge impact on your health goals, too.

Cows are extremely efficient at converting the Vitamin K1 in grass into Vitamin K2. When we eat beef or dairy products that are grass-fed (and finished), we gain access to a rich source of Vitamin K2. Vitamin K2 is a little known vitamin that is crucial to bone and heart health. Vitamin K2's main role is to get the calcium out of your arteries and into your bones. Considering calcification of the arteries is a major risk factor for heart disease, you won't want to miss out on a rich source of Vitamin K2!(33) Plus, as you get the calcium out of your arteries, you're allowing them to be added to your bones instead, which can improve bone health, too. You can *only* get Vitamin K2 from grass-fed (not grain-fed) dairy products (or beef) because cows make the Vitamin K2 from the Vitamin K1 in grass. Great dairy products to test out include greek yogurt, cottage cheese, butter and kefir. If you're plant-based, you can test out the "natto" alternative to get your daily dose of vitamin K2.

When choosing your produce, look for organic when possible. Your food will typically be the most nutrient dense if you also choose local. However even frozen organic veggies are a great, affordable option. You can even look into CSA boxes near you and have farmers market produce delivered to you each week from your local farmers. I have used a company called "Farm Fresh to You" for CSA boxes, but you can see which company is local to you. If you don't have access to CSA or local farmers, then organic is your next best option.

Side note: If you're choosing to eat animal products look for the following:

Red meat: grass-fed, grass-finished and organic

Chicken/turkey: pasture raised and organic

Eggs: pasture raised and organic (I love Vital Farms brand)

Cheeses/dairy products: organic and grass-fed

Butter/ghee: grass-fed and preferably organic

AUTUMN'S FAVORITE BRANDS

Looking for specific brands that you can use throughout your wellness journey? These are my favorite brands that I have personally vetted and use on a consistent basis. I've partnered up with my fave companies to get you discounts on most of these wellness goodies!* You can also check out a full blog post of my other preferred brands [HERE](#).

Purity Coffee

This is the *only* brand of coffee that I drink. I love that it's mold-free, mold-toxin-free, organic *and* optimized for antioxidants. Plus it tastes *amazing*.

You can grab 20% off your Purity Coffee order using code "AUTUMN" at checkout [HERE](#).



Butcher Box

I've noticed it's become increasingly difficult to find grass-fed *and* finished beef. For the vitamin K2 perks, this is crucial. I've been using Butcher Box for all of my protein deliveries for over two years as of writing this and I'm still in love with it.

Butcher Box is always running insane deals, like lifetime free ground beef or a free 14 pound turkey when you sign up.

Don't miss out on their current deal [HERE](#).



Kettle & Fire

Kettle & Fire creates grass-fed, collagen packed bone broth that will take your soups, chilis and stews to the next level. I'm obsessed with their Chipotle Beef flavor.

You can grab 20% off Kettle & Fire Bone Broth using code "AUTUMNBATES" at checkout [HERE](#).



*[Affiliate Disclosure](#)

Dry Farm Wines

If you choose to drink alcohol, it's important to opt for a low or zero sugar option. Dry Farm Wines are lab tested for sugar so that you can know you're getting the best possible wines for your weight loss and wellness goals.

Test out Dry Farm Wine and get an extra bottle for just one penny [HERE](#).



Primal Kitchens

Primal Kitchens is my go-to for all zero sugar dressings, marinades, sauces and mayo. I love that you can find Primal Kitchens at nearly every supermarket now. A win for healthy choices!

You can get 10% off Primal Kitchens pantry staples using code AUTUMN at checkout [HERE](#).

LMNT

Outside of Celtic Sea Salt, this is my favorite form of electrolyte replacement. I love that LMNT doesn't contain any sugar and was created with fasting in mind. Feel free to experiment with one packet per day during your fast or during your eating window. I love using the unflavored LMNT during my fast and the flavored (like the Mango Chili and Raspberry Salt) during my eating window.

You can test out LMNT [HERE](#).





MAKE IT FIT
you

EATING UNTIL SATIATED.

Satiety is the sensation of feeling full and satisfied. It's the way we *all* want to feel after finishing up a meal. No one wants to leave a meal feeling hungry or excessively full. Instead, we want that well-balanced *satiated* feeling. And it turns out that this feeling is triggered by a variety of hormones that are released in our body in response to certain foods. The main satiety hormones that we're focusing on are called cholecystokinin (CCK) and peptide YY. CCK is released mostly when we eat fat. Peptide YY is released mostly when we eat protein. When we get enough of both protein and fat to release a significant amount of CCK and peptide YY, we should feel full and satisfied for around 3-4 hours (or in some cases, even longer).

Not getting fully satiated from a meal leaves us hungry and craving a fast energy source. The fastest energy sources for the body come from carbohydrates (starches and sugars). This is why you might crave a bit of chocolate or some chips after a meal that wasn't fully satisfying.

Achieving satiety is key for long lasting weight loss and wellness goals because it helps to prevent cravings that work *against* your goals. In fact, low levels of peptide YY have been directly correlated to higher levels of body fat.⁽³⁴⁾ Meals that contain enough protein and fat help to fully activate satiety. Fiber can also help with satiety, but not at the hormonal level. Fiber acts on the stretch mechanism within the stomach, which can signal to the brain that you're full. However, this only lasts for about 30 minutes or until the food has left your stomach and entered the small intestine. Once it hits the small intestine, this is where *hormonal* satiety from protein and fat become key players.

In order to achieve satiety, an adequate amount of *both* protein and fat is required. This combination helps to get the satiety hormones released and trigger the sensation of satisfaction from your meal. Carbohydrates do *not* cause the release of the satiety hormones. For this reason, if you're feeling a bit hungry after a meal, you're better off reaching for a piece of cheese (which contains protein and fat) versus a bag of popcorn (which only contains carbohydrates).

The meals within the 21 Day Intermittent Fasting Program follow the "protein, fat and fiber" rules, however you might require more or less protein or fat in order to feel satisfied. If you are highly active, very tall or have a lot of muscle, you'll likely need to up your protein or fat a bit. You can calculate your protein needs on page 28 and adjust your meals accordingly. If you find that after adjusting for protein, you still are feeling a bit hungry, you can experiment with adding 1-2 extra servings of fat to one or each of your meals. Check out page 30 for high quality fat options.

MAKE IT CUSTOMIZABLE.

You are unique. Your physiology, environment, mentality, and goals are unique, too. That's why customizing your Program to fit you and your goals is so important. Below, I've listed four ways to customize your Program. Feel free to play around with these suggestions to customize your own experience.

Weight Loss

If weight loss is your wellness vision, then increased fat burning is your goal! You can stick to the Program as it is and keep track of your progress. It may take 1-2 weeks to start seeing weight loss progress as the body re-adapts to using fat as fuel. If you are carbohydrate sensitive or insulin resistant and not experiencing weight loss, you might want to add the Advanced Weight Loss Strategies from the [Level Up Guide](#).

Gut Health

I.F. allows your gut to rest and trigger the gut cleaning process called the MMC. All you have to do is follow the Program and allow your body to work its magic! If you have IBS, you might want to consider experimenting with *only* having cooked veggies. Uncooked veggies can be difficult to breakdown while your gut is healing. You can swap your salad veggies for steamed or sautéed kale, broccoli, Brussels and cauliflower. To allow for further MMC stimulation, you will also want to aim for having your Keto Coffee in the later part of your fast, ideally 1-2 hours before you break your fast.

Muscle Gain/Toning

Looking to increase your lean muscle mass? Remember, I.F. helps increase growth hormone levels which is needed to protect and repair muscle mass. By using I.F. and getting enough protein for your body's needs, you have the tools to rebuild and increase muscle mass. However, you *can't* gain muscle with protein and fasting alone. You need the muscle stimulus from exercise, too. You can use the suggested exercise plan in this program to help you focus on your increased muscle mass and toning goal.

General Wellness

Follow the Program as is! Keep track of your progress and how you feel (see the Daily Fasting Journal on page 47). This will be key for understanding your own body. You can also bring your results to your Nutritionist and further fine tune your health and wellness approach.

Additional Customization

Looking to further hone in on your gut healing goal? Or perhaps add in some advanced weight loss strategies? You can pair your 21 Day Intermittent Fasting Program with the [Level Up Guide protocols](#). You'll also find that the Level Up Guide recipe key is included within this Program. This was added so that you can conveniently pair your specific Level Up Guide protocol with the 21 Day Intermittent Fasting Program. Grab the details [HERE](#).

YOUR PMS PLAN.

Some scientists are theorizing that the reason why women experience an increase in hunger and sugar or carb cravings during the one week before their period starts is due to an increase in energy demands. It's a good theory.

With this in mind, we need to be prepared to help the body feel more satiated during "that time of the month" to help prevent cravings that won't make you feel so great. A tool that I've found useful for many of my clients is to increase fat intake by up to 1 serving *at each meal*. Outside of protein, fat is the most satiating macronutrient. By adding an extra serving of fat to each meal (ex: an extra tablespoon of peanut butter in your smoothie and 2 more tablespoons of pine nuts added to your salad), this can help to significantly reduce cravings.

Considering collagen and gelatin's role in increasing satiety, you may also want to consider opting for the meals that use bone broth during the week before the period starts. You can also add 1 cup of bone broth to sip on alongside your usual meals for a boost of collagen.

Lastly, if you're having trouble sleeping during the week before your period, adding a serving of a high quality starchy carbohydrate to your dinner may also help. Great options include 1/2 cup beans, 1 cup roasted butternut squash, 1/2 cup sweet potato, 1/2 cup lentils, 1/2 cup green peas or 1-2 cups spaghetti squash. If you're following the Advanced Weight Loss Strategies protocol in the [Level Up Guide](#), you may want to opt for the lower starchy options, such as spaghetti squash or butternut squash. If you are particularly carbohydrate sensitive, you may want to skip this step entirely.

If you find that even though you've addressed your satiety and have added collagen, you still just *need* something sweet, try opting for a lower sugar option such as:

- .5 oz. dark chocolate
- homemade whipped cream and berries (grab my recipe [HERE](#))
- 1/2 cup greek yogurt + 1/2 cup blueberries + 1-2 Tbsp. coconut shreds
- Chocolate Bomb Bites (check out the recipe in the Recipes section of this Program!)
- dark chocolate covered raspberries (grab my recipe [HERE](#))

HOW TO DO TREAT MEALS.

How do you best approach a "treat meal" so that you can indulge in something you want without derailing your results or feeling crummy the next day? Here's my step-by-step approach to treat meals.

First, make it scheduled

There has been some research on how scheduled or planned treat meals helps those looking to achieve a weight loss goal maintain results. But the key is that it's *scheduled*. This ensures that you're treating your "treat" meal as a treat and not accidentally getting into the habit of relying on the treat on stressful days. The frequency in which you schedule treat meals will depend on your goals. If you're focused on weight loss and if you are currently at a plateau, you may want to wait until you've started to break through your plateau before implementing treats. If you are maintaining your results, you can experiment with how many treat meals you can incorporate into your week while still feeling great. However, it's still crucial to follow the next two steps to feel your best after a treat meal.

Second, plan it later in the day

Having a treat meal earlier in the day sends blood glucose levels on a wild ride. As a result, this can throw off the rest of your day and make you crave even more of the foods that aren't going to make you feel great. Instead, opt for the meal at dinner or as a dessert to minimize the time (and opportunity) left in the day to crave more treats.

Third, eat the protein first

Let's say you opt for your treat to be at dinner instead of dessert. By ensuring you eat a serving of protein before you eat your treat, you are going to feel more satisfied going into your treat and less likely to eat more of it than you intended. For example, if you plan on going out for pizza with friends, you can order a side of meatballs or a chicken salad to eat before you start your pizza. If your treat is planned for dessert, then you can plan to eat one of your usual, AEN meals before the treat, as these are already optimized for protein.

For myself, I use treat meals on special occasions, such as birthdays and anniversaries and don't incorporate them as frequently as I did in the beginning of my wellness journey. I personally found that I really *love* the food I'm eating now and I don't really *want* some of the foods I used to have as a "treat" because of how they make me feel. But this doesn't mean that I won't on the occasion make some homemade pasta with friends! It's just a comfortable balance that I've found works for me. And finding the balance that works for you and makes you feel your best is part of *your* wellness journey.

LET'S GET SOCIAL.

You can continue learning and nerding out over Nutrition with me and the rest of the AENpeeps through Facebook, YouTube, Instagram and the weekly newsletter! Check out the details and stay in the loop below!

YouTube

Get your weekly dose of nerdy nutrition deets on the Autumn Elle Nutrition YouTube Channel.

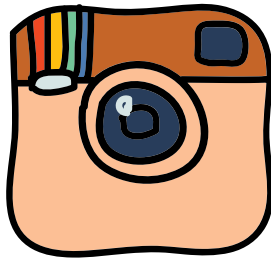
Head over [HERE](#) to stay in the loop.



Instagram

Share your journey by tagging your photos with the hashtags [#AENpeeps](#). This also helps to keep you accountable for achieving your goals! You can follow me for nutrition tips and

inspo [@autumnelle_nutrition](#).



Weekly Newsletter

Stay in the loop with your weekly Monday nutrition newsletter! Get the deets on upcoming challenges, new recipes, insider tips and more!

Head over [HERE](#) to subscribe.



Facebook Group

This is where you can share your experience, nerd out with other AENpeeps and have an impact on future Programs, content and cookbooks that I release through your input! In fact, the AENpeeps had a direct impact on what I created for THIS eBook! Join the AENpeeps [HERE](#)!



A top-down photograph of a meal. In the center is a white ceramic plate with a gold rim, containing several golden-brown pancakes. The pancakes are topped with a dollop of white cream, fresh fruit including blueberries, raspberries, and strawberries, and a generous sprinkling of various nuts and seeds like almonds, pistachios, and goji berries. A silver fork is placed on the left side of the plate. To the right of the plate, a small white bowl contains a yellow liquid, likely maple syrup. In the upper left corner, a vase holds several pink carnations. The background consists of a dark brown, textured surface on the left and light-colored, irregular stone tiles on the right.

THE 21 DAY

meal plan

YOUR MEAL PLAN.

In the following pages, you'll find your 21 Day Intermittent Fasting Meal Plan and recipes. I can't wait for you to dive in!! You'll see that there are quite a few opportunities for you to make the meal plan your own and fit your food preferences. Here are a few helpful things to remember.

Protein

Most recipes will contain between 25-35 grams of protein, equating to a range of 75-105 grams of protein per day. If you are within that range (based off of your calculated protein needs on page 28), then you can stick to the protein suggestions in the recipes as is. If you're significantly higher or lower than this range, then you can simply increase (or decrease) the ounces of protein used at a meal to reach your desired protein intake. For instance, if you calculate that your protein needs are around 130 grams, you can simply increase the protein at each meal by 7-8 grams ($130 - 105 = 25$; $25 \text{ grams} / 3 \text{ meals} = 8$ additional grams per meal). With chicken, this would be about an extra ounce added to your meal. You can reference page 29 to aid you in this process. It's important to not get too caught up in the specific number, as there will be great variations simply from human error in measurements while cooking. However, you can use this estimation as a guide to determine if you need a little more or a little bit less protein at each of your meals.

Meal Swaps

Page 48 is provided so that you can make your own meal plan using the recipes in the 21 Day Intermittent Fasting Program! For example, if you LOVE eggs but aren't a fan of smoothies, you can load up your week with Scrambled Eggs + Greens and the Break-Fast Burrito and nix the smoothies. Simply choose one of the meals from each category (break-fast, lunch and dinner) to fill in your week. Or make your own recipes using the AEN Nutrient Timing on page 27!

The Recipe Key

You'll notice that there is a recipe key that ties each recipe to a protocol within the Level Up Guide. If you're currently following the Level Up Guide, feel free to make swaps or adjustments to your week of meals to best fit your specific goal. Protocols range from The Athlete to Advanced Weight Loss Strategies to The Gut Healing Guru. You can even find my Wedding Protocol in there! If you haven't experimented with the Level Up Guide protocols yet and you're looking to fine tune your approach even further with the 21 Day Intermittent Fasting Program, you can check it out [HERE](#).

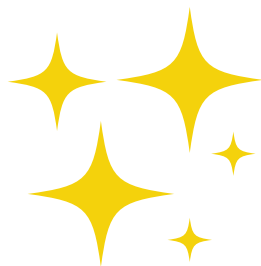
Not a Form of Calorie Counting

The recipes don't provide calorie information for a reason. It's incredibly easy to get lost in calorie counting and lose sight of satiety cues and the hormonal effects that the ingredients have on the body. After all, calorie trackers are a fairly new invention that we didn't have access to for thousands of years until now. Each of the recipes are focused on using ingredients that don't greatly spike the storing hormone insulin while boosting satiety (the sensation of fullness) hormones. This is a long term approach to help you learn to eat foods that make you feel satisfied and reduce cravings while allowing the body to naturally shift into using fat burning mechanisms -- all while reducing your reliance on calorie trackers. If you need some inspiration, you can check out other AENpeeps wellness and weight loss experiences [HERE](#) or Karola's story below.

Remember, if you find that you're hungry or need a little bit more to make you satiated, you can revisit pages 30 and 31 for how to boost your fiber and fat intake (conveniently, neither of which greatly stimulate the storing hormone insulin).

AENpeep, Karola's 1.5 year program update

"One and a half year update 🤙 I've been following the intermittent fasting program by @autumnelle_nutrition since January 2020. I reached my initial goal weight after about 6 months, but I liked the recipes and this whole lifestyle so much that I just stuck with it. From the very beginning it didn't feel like a diet but simply a different style of eating. I don't count calories, I eat until I'm satiated, I don't feel hungry and I have a lot of energy 🥰" ~ Karola



YOUR DAILY FASTING JOURNAL.

Print this page out each day of the Challenge (or write in your own journal using the prompts below) to keep track of your progress. Feel free to add in additional notes such as mood, cravings, etc.

Date:

My Challenge Goal:

Today I feel:

Today's water intake:

Today's exercise (ex: walk, strength), etc.:

Notes (optional to include progress updates toward your Challenge wellness goal):

Challenge checklist!

☐

Daily Intermittent Fast

☐

ACV Sipper

☐

Meal Plan Meals

☐

Electrolytes

Rate the next four on a scale of 1-10 (10 being the highest, 1 being the lowest):

Energy levels:

Sleep:

Stress:

Bloating

MAKE IT YOURS!

	FASTING	BREAKFAST	LUNCH	DINNER
MON	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea			
TUE	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea			
WED	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea			
THU	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea			
FRI	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea			
SAT	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea			
SUN	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea			

week 1



YOUR WEEK 1

THOUGHTS + INTENTIONS.

Welcome to the first week of your Intermittent Fasting Program!

If you haven't chosen your eating window yet, the best way to determine one that will work for you is by first deciding when the best time is for you to eat dinner. From here, count 8 hours backward from the time that you would normally finish eating and you have your eating window!

The first three days you may experience some hunger in the mornings. This is normal. This is your body getting rid of the mitochondria that can't efficiently produce energy and transitioning to a fat burning state. After just a few days to a week of I.F. and AEN Nutrient Timing, this hunger tends to dissipate. In the meantime, you can use Keto Coffee (or tea!) to ward off hunger during the fast.

If you experience **sugar cravings**, try sipping on fresh mint tea. Just boil water and allow mint leaves to simmer for 5 minutes. Mint is a natural appetite suppressant and can help to reduce these cravings.

Each day of meals and workouts are listed on the following pages. The closer you follow the Program, the better the results you'll see. Remember, you can alter the Program to fit your lifestyle and goals. Checkout the "Make It Fit You" section starting on page 38 for more information.

Note ~ Feel free to swap out your meals in the Program for something that's more in line with your goals or food preferences. If you're vegan/vegetarian/pescetarian, you can swap out any of the proteins for fish, tempeh, shrimp, greek yogurt and protein powder. You can also swap out meals for any other recipes in the Recipes Section.

Remember, you are doing something amazing for your health and wellness. Allowing your body extra time to rest and repair helps to turn on your fat burning mechanisms and clean up the cells.

Now let's DO this!

"SOME PEOPLE WANT IT TO HAPPEN, SOME WISH IT WOULD HAPPEN, OTHERS MAKE IT HAPPEN." -MICHAEL JORDAN

WEEK 1.

	FASTING	BREAKFAST	LUNCH	DINNER	EXERCISE
MON	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Blueberry Hemp Smoothie	Marinated Kale + Avo Salad	Pumpkin Chili Goodness (make extra for leftovers)	20 minute walk + Lower Body Strength
TUE	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Scrambled Eggs + Greens OR Smoothie of choice	Coconut Berry Chia Pudding	Cauliflower Rice Veggie Stir Fry	20 minute walk + Upper Body Push
WED	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Blueberry Hemp Smoothie	Marinated Kale + Avo Salad	Pumpkin Chili Goodness leftovers	20 minute walk + Core Stabilization
THU	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Scrambled Eggs + Greens OR Smoothie of choice	Coconut Berry Chia Pudding	The Weeknighter Bake	Optional Sprint Interval or 60 minute walk
FRI	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Almond Butter Cup Smoothie	Easy Salad Wrap	Head out to eat with friends or family!	20 minute walk + Upper Body Pull
SAT	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Superfood Pancakes	Easy Salad Wrap	Cauliflower Rice Veggie Stir Fry	20 minute walk + Lower Body HIIT
SUN	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Break-Fast Burrito	Marinated Kale + Avo Salad	The Weeknighter Bake	60 minute walk or hike

WEEK 1

GROCERIES.

Time to shop! Fill out your grocery list with what you need this week. Remember to account for any swaps or protein adjustments you might have made. You can also checkout pages 36-37 for discounts on Autumn's go-to brands.

VEGGIES

PROTEINS

FRUIT

FROZEN

PANTRY

MISC.

week 2



YOUR WEEK 2 CHECKLIST.

Congrats on completing your first week of the I.F. Program!

Over the past seven days, you've provided your body and GI tract the RnR equivalent of a yoga retreat in Costa Rica! With the additional rest time during your fast, your cells are able to clean house and get rid of dysfunctional mitochondria that can make you feel sluggish and tired. Your gut is also able to focus on activating the Migrating Motor Complex to help heal and clean the GI tract.

To put it simply, in just seven days, you have already made a massive leap toward lifelong health and wellness!

Now that we're at the end of week 1, this is a great time to take a look at areas that worked well for you and areas that you need to focus on. If you have to adjust your eating window to a different time to fit your schedule, that's okay! Think of the first week as a trial run to understand what your body needs and is comfortable with.

Make sure to track your progress with your Daily Fasting Journal. You will be amazed by the changes you can experience in just 21 days!

**“HEALING IS A MATTER OF TIME, BUT IT IS SOMETIMES ALSO A
MATTER OF OPPORTUNITY.” -HIPPOCRATES**

WEEK 2.

	FASTING	BREAKFAST	LUNCH	DINNER	EXERCISE
MON	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	PB + Mocha Smoothie	Easy Salad Wrap	Cauli Rice Burrito Bowl	20 minute walk + Lower Body Strength
TUE	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Coconut Berry Chia Pudding	Avo Hemp Salad	Spicy Yellow Curry (make extra for leftovers)	20 minute walk + Upper Body Push
WED	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	PB + Mocha Smoothie	Easy Salad Wrap	The Weeknighter Bake	20 minute walk + Core Stabilization
THU	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Coconut Berry Chia Pudding	Avo Hemp Salad	Spicy Yellow Curry leftovers	Optional Stairs Training or 60 minute walk
FRI	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	PB + Mocha Smoothie	Coconut Berry Chia Pudding	Upgraded LA Street Tacos	20 minute walk + Upper Body Pull
SAT	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Superfood Pancakes OR Scrambled Eggs + Greens	Beautifying Arugula Salad	Head out to eat with your friends or family!	20 minute walk + Lower Body HIIT
SUN	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Break-Fast Burrito	Beautifying Arugula Salad	The Everything Buddha Bowl	60 minute walk or hike

WEEK 2

GROCERIES.

Time to shop! Fill out your grocery list with what you need this week. Remember to account for any swaps or protein adjustments you might have made. You can also checkout pages 36-37 for discounts on Autumn's go-to brands.

VEGGIES

PROTEINS

FRUIT

FROZEN

PANTRY

MISC.

week 3



YOUR WEEK 3 CHECKLIST.

Every meal you prep, workout you complete, smoothie you blend and fasting you experience is a step toward long lasting health and wellness. Natural weight loss, decreased inflammation, a clear complexion, strong body and high energy all have one thing in common ~ health. True health has a natural side effect of every wellness goal you may desire.

By now, you probably have already been experiencing an elevated mood, decreased hunger and boosted energy levels. All of this is evidence of your body returning to a state of health!

Take a moment today to reflect on what you have succeeded with over the past two weeks. Are there areas that you are especially confident and excited about? Make sure to write those down in your Daily Fasting Journal. Take time to also consider areas that you can continue to improve on. Perhaps you're still snacking on sugary treats or maybe you haven't been getting your water and electrolytes. Make it a goal for your final week of the program to really focus on those areas.

And remember, every positive step you take is a huge leap toward health. Even if you may have slipped up and eaten something processed or high in sugar, think about all of the health promoting decisions you've ALSO made! It's a journey and you should be proud of how far you have already come! I'M proud of you!

**“THERE IS NO ONE GIANT STEP THAT DOES IT. IT'S LOTS OF
LITTLE STEPS.” -UNKNOWN**

WEEK 3.

	FASTING	BREAKFAST	LUNCH	DINNER	EXERCISE
MON	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Scrambled Eggs + Greens OR Smoothie of choice	Chinese Chicken Salad	Pumpkin Chili Goodness (make extra for leftovers)	20 minute walk + Lower Body Strength
TUE	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Coconut Mint Chip Smoothie	Beautifying Arugula Salad	Upgraded LA Street Tacos	20 minute walk + Upper Body Push
WED	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Coconut Mint Chip Smoothie	Beautifying Arugula Salad	Pumpkin Chili Goodness leftovers	20 minute walk + Core Stabilization
THU	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Strawberry Hemp Smoothie	Chinese Chicken Salad	Tahini + Onion Roasted Cauli Plate	Optional Sprint Interval Training or 60 minute walk
FRI	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Scrambled Eggs + Greens OR Smoothie of choice	Beautifying Arugula Salad	Cauli Rice Burrito Bowl	20 minute walk + Upper Body Pull
SAT	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Strawberry Hemp Smoothie	Chinese Chicken Salad	Pick your favorite dinner from the Program!	20 minute walk + Lower Body HIIT
SUN	<input checked="" type="checkbox"/> ACV Sipper (15 min. before 1st meal) <input checked="" type="checkbox"/> Optional Keto Coffee/Tea	Superfood Pancakes OR Scrambled Eggs + Greens	Beautifying Arugula Salad	Head out to eat with your friends or family! You DID it!!	60 minute walk or hike

WEEK 3

GROCERIES.

Time to shop! Fill out your grocery list with what you need this week. Remember to account for any swaps or protein adjustments you might have made. You can also checkout pages 36-37 for discounts on Autumn's go-to brands.

VEGGIES

PROTEINS

FRUIT

FROZEN

PANTRY

MISC.

YOU

did it!!



CONGRATS!!

YOU FREAKING DID IT!

You took a MASSIVE step in achieving your wellness goals and I'm so incredibly proud of you!

Something that I want you to remember is that every wellness journey has ups and downs. It's inevitable. You'll have amazing wins and then you'll have days where you ate something that isn't as in line with your wellness goals and maybe you feel a bit crummy as a result.

Please make sure you realize: *this does not mean that you have failed.*

There are literally zero people in the world that don't have these days while on their wellness journey. And I mean *zero*. Having one off day doesn't undo everything you've done for your body. In fact, something AENpeeps start to notice is that eventually it gets easier and easier to go back to eating the way that makes them feel great *because* these "off" days bring attention to exactly how crummy certain foods can make them feel.

And that's why these periodic Challenges are so important. It's a few supercharged weeks for you to put more time and attention into your wellness goals and feeling great. Every Challenge, you'll learn something different about your body. The "set point" for how you expect your body to feel will continue to go up. Maybe you previously accepted constantly feeling tired and bloated as a way of life. But after completing a Challenge, you see how much more energized and de-bloated you can be. Your "feel good" set point has just been raised. You know what's possible.

And after every Challenge, you'll find more and more of the Program guidelines for feeling great starting to *stick* into the rest of your life.

This is the point of the 21 Day Intermittent Fasting Program -- of EVERY Challenge we hold with the AENpeeps. You've just completed a supercharged 3 weeks and you should feel incredibly proud of yourself!! I'm proud of YOU!

Keto Coffee cheers, my friend! You DID It!



LEVEL UP YOUR RESULTS.

Now that you've eased your body into Intermittent Fasting and AEN Nutrient Timing, it's time to take your results to the *next* level with the Level Up Guide: Phase 2!

With the Level Up Guide, you'll gain access to:



**4 week meal planning and
new recipes!!**



**6 protocols to hone in on your
specific goal! Gut Healing
Guru, Advanced Weight Loss
Strategies and more!**



**The Plateau Breaker
Checklist to help break
through your weight loss
plateau!**



**Head over HERE to grab your
Level Up Guide!**



THE

recipes

THE RECIPES + KEY

Most of the recipes provide flexibility for the protein that you can use. So if you're plant-based, pescetarian or omnivorous, you can feel free to mix and match to your liking! You can also further tailor your experience to fit your goals by using the Recipe Key (below) to pair with your [Level Up Guide protocol](#).

KEY:



GUT HEALING GURU (GHG)



HORMONE BALANCING PRO (HBP)



BEAUTY QUEEN (BQ)



ADVANCED WEIGHT LOSS STRATEGIES (AWLS)



THE ATHLETE (TA)



Remember to feel free to mix and match the recipes in the Meal Plan to best suit your taste buds!

BREAK-FASTS + DRINKS



KETO COFFEE



Serves 1

INGREDIENTS

- 12-16 oz. brewed mold-free coffee (I recommend Purity Coffee. Get 20% off your orders with my code "autumn" at checkout [HERE](#).)
- 1/2 - 1 Tbsp. grass-fed butter, grass-fed ghee or cacao butter (for a vegan option. may use less if preferred)
- 1/2 - 1 Tbsp. unrefined coconut oil (or less if preferred)

01 Combine all ingredients in a blender and blend for at least 30 seconds on medium/high until frothy. Make sure to be careful while pouring/blending hot coffee!

KETO MATCHA LATTE



Serves 1

INGREDIENTS

- 12 oz. hot water (be careful while pouring and blending this!)
- 1 tsp. organic matcha powder
- 1/2 - 1 Tbsp. grass-fed butter, grass-fed ghee or cacao butter (for a vegan alternative. may use less if preferred)
- 1/2 - 1 Tbsp. unrefined coconut oil (or less)

01 Combine all ingredients in a blender and blend for at least 30 seconds on medium/high until frothy. Make sure to be careful while pouring/blending hot water!



**Affiliate Disclosure*

ACV SIPPER



Serves 1

INGREDIENTS

- 1 Tbsp. apple cider vinegar
- 8 oz. water (can use more to dilute)
- pinch of Celtic Sea Salt (around 1/8 tsp.)

01

Combine all ingredients in a cup and stir to combine. Best if used 15 minutes before the first meal.

The ACV Sipper aims to help to improve fasting glucose levels by using Apple Cider Vinegar. (30)

SCRAMBLED EGGS + GREENS

Serves 1



INGREDIENTS

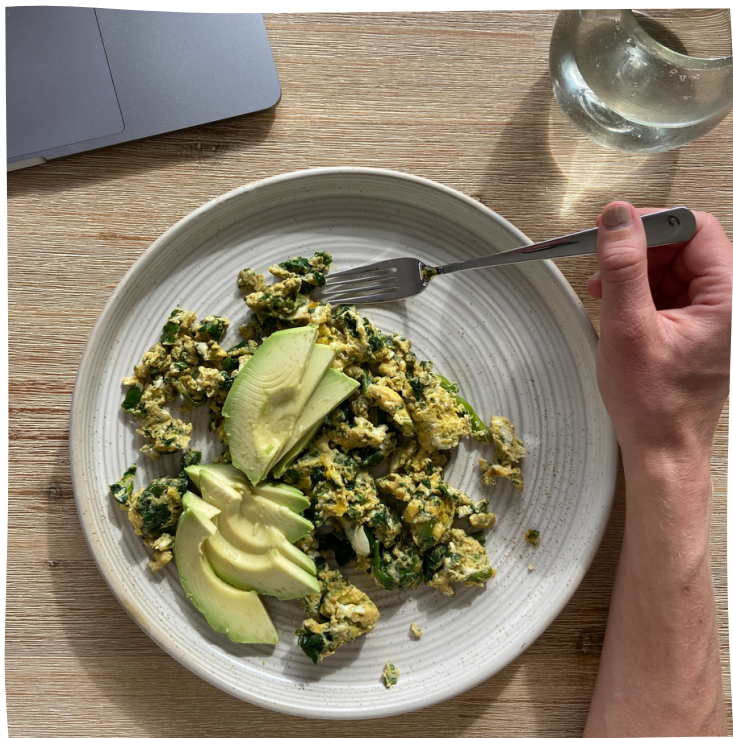
- 3 eggs
- 1 cup arugula or spinach
- 1 tsp. butter or coconut oil
- sea salt
- 1/2 avocado
- optional salsa or hot sauce
- optional 1 oz. cheese of choice (preferably grass-fed)

01

Add butter or coconut oil to a pan over medium heat. Add greens and a pinch of salt and sauté for 30 seconds. Add eggs and scramble until it has reached desired doneness.

02

Serve with 1/2 avocado and optional hot sauce or salsa. You can also bump up your satiety level of the meal by topping with 1 oz. cheese if necessary.



Plant-based tip:

You can make "scrambled tempeh" by swapping out the eggs for 4 oz. of chopped tempeh as a plant-based, complete protein option.



Add one serving of collagen powder to make this BQ and GHG approved.

COCONUT MINT CHIP SMOOTHIE

Serves 1



INGREDIENTS

- 8-12 oz. unsweetened coconut milk (homemade or from a carton)
- 1 serving vanilla protein powder OR 1 cup full-fat, unsweetened greek yogurt
- 1/2 frozen banana OR 1/2 cup frozen cauliflower rice (for a lower sugar option)
- 1/4 cup fresh mint
- 1 Tbsp. cacao nibs
- 1 Tbsp. coconut butter
- 1 Tbsp. chia seeds
- optional 1 tsp. maca powder

01

Combine all ingredients in a blender and blend until smooth. Optional to top with coconut flakes.

BLUEBERRY HEMP SMOOTHIE

Serves 1



INGREDIENTS

- 8-12 oz. unsweetened coconut milk (homemade or from a carton)
- 1 serving vanilla protein powder OR 1 cup full-fat, unsweetened greek yogurt
- 1/4 cup frozen blueberries
- 2 Tbsp. coconut butter
- 1 Tbsp. hemp seeds
- 1 Tbsp. chia seeds

01

Combine all ingredients in a blender and blend until smooth.



Add one serving of collagen powder to make this BQ and GHG approved.





SUPERFOOD PANCAKES

Serves 3



INGREDIENTS

- 1 scoop vanilla protein (THESE are my favorite brands)
- 1/4 cup almond or coconut flour
- 2 small bananas, mashed
- 2 eggs or 2 chia eggs (2 Tbsp. chia seeds + 6 Tbsp. warm water)
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/2 tsp. vanilla extract
- 1 tsp. coconut oil + more for cooking
- pinch of salt
- 1/4 cup frozen blueberries

TOPPINGS:

- 2 Tbsp. coconut flakes
- 1 Tbsp. cacao nibs
- 1 Tbsp. pumpkin seeds
- optional homemade whipped cream (see below for recipe)

WHIPPED CREAM

Serves 4

- 01** Whip 1/2 cup grass-fed heavy whipping cream in a blender or with a hand mixer until stiff peaks form.

Protein tip!

Swap the almond flour for equivalent protein powder to bring the protein from 15 grams per serving to 22 grams.

- 01** Mash all ingredients for the pancake except for the blueberries in a large bowl until smooth. Gently fold in blueberries.

- 02** Heat a pan or griddle to medium and add coconut oil to the surface. Pour 2-3 Tbsp. portions per pancake. Cook for 3-4 minutes on each side.

- 03** Serve with toppings and optional whipped cream.

COCONUT BERRY CHIA PUDDING

Serves 1



INGREDIENTS

- 1 cup full-fat greek yogurt OR 1 cup low-sugar plant-based yogurt + 1 serving protein powder
- 2 Tbsp. chia seeds
- 1/2 cup unsweetened coconut milk (from a carton, not a can)
- 1/4 cup frozen blueberries
- 1/2 tsp. vanilla extract
- 3 Tbsp. unsweetened toasted coconut flakes



Stir in one serving of collagen powder to make this BQ and GHG approved.

01 In a bowl, combine the yogurt, chia seeds, coconut milk, berries, and vanilla extract. Lightly crush the berries when stirring in to release the juices. Whisk and allow to sit for at least 30 minutes or overnight in the fridge.

02 When ready to serve, top with unsweetened coconut flakes. Optional to top with 1 Tbsp. almond or peanut butter as well.

Unfortunately, plant-based yogurts are typically very low in protein (if it contains any at all). In order to make this a complete meal, it's important to add a serving of protein powder if using a plant-based yogurt.



ALMOND BUTTER CUP SMOOTHIE

Serves 1



INGREDIENTS

- 8-12 oz. unsweetened coconut milk (homemade or from a carton)
- 1 serving vanilla protein powder OR 1 cup full-fat, unsweetened greek yogurt
- 1/2 frozen banana
- 1 Tbsp. almond or peanut butter
- 1 Tbsp. flax seeds, ground
- 1 Tbsp. coconut butter
- 1/2 tsp. cinnamon
- optional 1 tsp. maca
- Top with 1-2 Tbsp. cacao nibs



Add one serving of collagen powder to make this BQ and GHG approved.

01

Blend all ingredients (except for the cacao) until smooth. Top with the cacao nibs.

PB + MOCHA SMOOTHIE

Serves 1



INGREDIENTS

- 5 oz. brewed mold-free coffee
- 5 oz. unsweetened almond or coconut milk
- 1 serving vanilla protein powder OR 1 cup full-fat, unsweetened greek yogurt
- 1/2 frozen banana
- 1 Tbsp. coconut butter
- 1 Tbsp. cacao nibs
- 1 Tbsp. peanut butter
- 1 Tbsp. chia seeds

01

Combine all ingredients in a blender and blend until smooth.



Add one serving of collagen powder to make this BQ and GHG approved.



STRAWBERRY HEMP SMOOTHIE

Serves 1



INGREDIENTS

- 8-12 oz. unsweetened coconut milk (homemade or from a carton) or almond milk
- 1 cup unsweetened, full-fat greek yogurt OR 1 serving vanilla protein powder
- 1/2 cup frozen strawberries
- 1 Tbsp. hemp seeds
- 1 Tbsp. coconut butter
- 1 Tbsp. peanut butter
- 1 tsp. vanilla extract



Add one serving of collagen powder to make this BQ and GHG approved.

01

Blend all ingredients until smooth.

BREAK-FAST BURRITO



Serves 1

INGREDIENTS

- 1 pure coconut wrap or jicama wrap
- 2-3 eggs, scrambled in a small bowl OR 4 oz. tempeh, chopped
- 1/4 cup red onion
- 1 tsp. butter or coconut oil
- 1/2 tsp. (or more) Everything But The Bagel seasoning
- 1/2 avocado
- optional 1 oz. cheese of choice

01

In a pan over medium heat, add butter (or coconut oil) and red onion. Sauté for 2 minutes, then add eggs (or tempeh). Cook until desired doneness. About 5-7 minutes.

02

On a plate, add your coconut or jicama wrap and top with the scrambled eggs (or tempeh), avocado, Everything But The Bagel seasoning and optional cheese.



LUNCHES



AVO HEMP SALAD

Serves 1



INGREDIENTS

- 1/2 avocado
- 2 tsp. hemp seeds
- 2 tsp. sunflower seeds
- 4 cups leafy greens (arugula and spinach are both great!)
- 1/4 cup shredded beets or cabbage
- your choice of cooked protein (4 oz. meat/chicken/fish OR 3 hard boiled eggs OR 4-5 oz. tempeh/tofu)
- 1 Tbsp. olive oil
- 2 tsp. balsamic
- pinch of salt

CHINESE CHICKEN SALAD

Serves 2



INGREDIENTS

- 1 carrot, grated
- 3 cups green cabbage, chopped
- 3 cups romaine lettuce, chopped
- 1 bell pepper, thinly sliced
- 1 cucumber, chopped
- 8 oz. cooked chicken (or 5 hard boiled eggs or 8 oz. tempeh), chopped
- 4 Tbsp. almonds, slivered or chopped

INGREDIENTS

- 2 Tbsp. olive oil
- 2 Tbsp. tamari
- 1 tsp. sesame oil
- pinch of salt

01 Toss all ingredients in a bowl to combine and serve.

01 Toss all ingredients in a bowl to combine and serve.

Still hungry? Try adding 1/2 avocado per serving to boost satiety.



MARINATED KALE + AVO SALAD

Serves 1



INGREDIENTS

- 4 cups kale, chopped
- 1/2 avocado
- 1/2 lemon, juiced
- 1 tsp. olive oil
- pinch of salt
- 4 oz. favorite cooked protein (chicken, beef, fish, shrimp, eggs, tempeh, etc)
- 1/4 cup olives
- 1 Tbsp. pine nuts

01 Combine the lemon juice, avocado, kale, olive oil and salt. Use your hands to mash the ingredients together and “massage” the kale. This helps to break down the fibers and decrease bloating.

02 Top with remaining ingredients. Allow this to sit overnight and marinate.

EASY SALAD WRAP

Serves 2



INGREDIENTS

- 1 coconut wrap (made without cassava/tapioca) OR 1 jicama "tortilla" (sold at Trader Joes or health food stores)
- 5 hard boiled eggs OR 8 oz. tempeh
- 2 Tbsp. mayo OR greek yogurt OR plant-based yogurt
- 1 avocado
- 1 Tbsp. dijon mustard
- 1/2 cup red onion, diced
- 1/2 cup celery, diced
- 1/4 tsp. paprika
- pinch of cayenne
- pinch of salt

01 Combine all ingredients except for the wrap in a bowl. Mash the ingredients with your fork to combine. If using tempeh, roughly chop before adding it into the bowl.

02 Add the mixture to your wrap and serve.




BEAUTIFYING ARUGULA SALAD

Serves 5



INGREDIENTS

- 1/2 of a 15 oz. can kidney beans
- 1/2 of a 15 oz. can chickpeas
- 2 avocados, cut into cubes
- 1/4 cup sunflower seeds
- 1/4 cup hemp seeds
- 3 Tbsp. apple cider vinegar
- 1 lemon, juiced
- 1/4 cup olive oil
- pinch of salt
- 20 cups arugula (4 cups per serving)
- 1 serving cooked protein of choice per serving of salad (ex: 4 oz. grilled chicken, 4 oz. tempeh, 4 oz. salmon, etc.)

 If you're sensitive to carbohydrates, you can remove the beans and replace it with 2 cups chopped raw cauliflower.

01 Combine all ingredients except for the arugula in a large glass container. This can be stored in the fridge for up to 5 days.

02 Pair beans mixture with 4 cups arugula and your protein of choice per serving and toss to combine.

DINNERS

Most of the recipes provide flexibility for the protein that you can use. So if you're plant-based, pescetarian or omnivorous, you can feel free to mix and match to your liking!



👉 Add 1/2 cup lentils, butternut squash or sweet potato per serving to make this TA approved.

TAHINIA + ONION ROASTED CAULI PLATE

Serves 2



INGREDIENTS

- 1 small head cauliflower, cut into bite-sized pieces
- 2 cups Brussels sprouts, cut into quarters
- 1/2 red onion, sliced
- 8 oz. protein of choice (ex: chicken, fish, beef, tempeh, etc.)
- 1 Tbsp. olive oil
- pinch of salt

SAUCE

- 2 Tbsp. tahini
- 1/2 lemon, juiced
- 2 Tbsp. water
- pinch of salt

TOPPING:

- 2 Tbsp. chopped pistachios

- 01** Preheat oven to 350.
- 02** On a large baking sheet, toss the red onion, cauliflower, Brussels, protein, olive oil and salt. Bake for 25 minutes or until the protein is done cooking.
- 03** In a small bowl, combine the sauce ingredients. Stir to combine. If it's too thick, add a little more water, 1 tsp. at a time.
- 04** Combine baked veggies and protein with the sauce and chopped pistachios. Serve immediately.




CAULIFLOWER RICE VEGGIE STIR FRY

Serves 1



INGREDIENTS

- 1/2 cup yellow onions, diced
- 2 cloves garlic, diced
- 1/4 tsp. ground garlic
- 1/2 tsp. ground ginger
- 1 tsp. coconut oil
- 1/2 bell pepper, diced
- 1/4 cup carrots, chopped
- 1/4 cup broccoli, diced
- pinch of sea salt
- 1/4 cup green beans
- 1 1/2 cups frozen cauliflower rice
- 2 Tbsp. tamari
- 1/2 lime, juiced
- 2 Tbsp. sunflower seeds
- 4 oz. cooked protein of choice (I recommend 2-3 fried eggs!)
- optional drizzle of sesame oil

 Add an extra 1/2 cup of peas or 1/4 cup roasted sweet potato to make this TA approved.

01 In a large pan over medium heat, add coconut oil, onions and garlic. Saute for 2-3 minutes.

02 Add bell pepper, carrots, broccoli and salt. Saute for 8-10 minutes.

03 Add frozen peas, frozen cauliflower rice, tamari, ground garlic and ground ginger. Sauté for 6 minutes.

04 Serve with your favorite protein, squeeze of lime, sunflower seeds and optional 1 tsp. drizzle of sesame oil.



THE EVERYTHING BUDDHA BOWL

Serves 1



INGREDIENTS

- 1/2 small sweet potato, sliced into wedges
- 1/2 cup cauliflower, cut into bite-sized pieces
- 1/2 cup radish, cut into halves
- 1 small zucchini, sliced or made into "zoodles"
- 1 tsp. olive oil
- 1/2 small cucumber, sliced
- 1/4 cup sprouts
- 1/2 avocado
- 1 tsp. hemp seeds
- 4 oz. cooked protein of choice

DRESSING

- 1 Tbsp. tahini
- 1/2 lemon, juiced
- 1 Tbsp. warm water
- pinch of sea salt



Replace the sweet potato with an extra 1/2 cup cauliflower to make this AWLS approved.

01

Preheat oven to 375.

02

On a baking sheet lined with parchment paper, toss the sweet potato, cauliflower, radish, 1 tsp. olive oil and a heavy pinch of salt to combine. Bake for 25 minutes.

03

In a small bowl, mix together the dressing ingredients. If it comes out too thick, add a little more water, 1 tsp. at a time.

04

Combine all Buddha Bowl ingredients in a bowl and top your bowl with the dressing.



SPICY YELLOW CURRY

Serves 2



INGREDIENTS

- 1 Tbsp. coconut oil
- 1/2 yellow onion, diced
- 1/2 serrano chili, diced
- 2 carrots, diced
- pinch of salt
- 8 oz. thinly sliced chicken breast (you can also use shrimp or tempeh)
- 2 cups broccoli, chopped
- 2 cups cauliflower, chopped
- 1 can full fat coconut milk
- 2 tsp. curry powder

OPTIONAL TOPPINGS

- 1/2 cup green onions, diced
- 1 lime

- 01** In a large pan or wok over medium heat, combine the coconut oil, yellow onion, carrots, and serrano chili. Sauté for 3 minutes.
- 02** If using chicken, add chicken and cook for about 5-6 minutes on each side or until done.
- 03** Add broccoli, cauliflower, and salt. Sauté for 8-10 minutes.
- 04** Add coconut milk, 1 cup water, curry powder and tempeh (if using a plant-based option). Raise temperature to bring to a boil, then reduce to a simmer. Cover and cook until veggies are tender - about 5-10 minutes.
- 05** Serve with 1/4 cup green onions per bowl and 1/2 lime, squeezed.



Add 1/2 cup lentils, butternut squash or sweet potato per serving to make this TA approved.



THE WEEKNIGHTER BAKE 🥑🥦🍴🌿

Serves 2

INGREDIENTS

- 1/2 red onion, chopped
- 4 cups Brussels sprouts, cut into halves
- 8 oz. protein of choice (ex: salmon, beef, chicken, shrimp, tempeh, etc.)
- 2 tsp. olive oil
- pinch of salt

MIX WITH

- 2 Tbsp. walnuts per serving (or other favorite nut/seeds)
- 2 cups arugula per serving

DRESSING (SERVES 2)

- 1 lemon, juiced
- 1 Tbsp. olive oil
- pinch of salt

01 Preheat oven to 350.

02 On a baking sheet lined with parchment paper, add red onion, Brussels sprouts, olive oil, pinch of salt, and favorite protein. Bake for 20-25 minutes or until protein is cooked all the way through.

03 Serve roasted veggies and protein with arugula, walnuts, and dressing. Optional to serve with a squeeze of lemon.



Add 1/2 cup cubed sweet potato to the baking sheet per serving to make this TA approved.



UPGRADED L.A. STREET TACOS



Serves 1




THE BASE

- 2-3 small (around 6 inch) corn tortillas (you can make your own [HERE](#)) OR romaine lettuce
- 4 oz. cooked protein of choice (ex: ground beef, turkey, chicken, shrimp, chopped tempeh, etc.)
- 1/4 cup black beans

THE TOPPINGS (PICK AS MANY AS YOU LIKE!)

- 3 Tbsp. pickled red onions* (don't use if following BQ or HBP protocols)  
- sliced cucumber
- sliced radish
- cilantro
- chopped kimchi
- 1 Tbsp. toasted pepitas
- thinly sliced purple cabbage
- limes

 Opt for a lettuce wrap instead of corn tortillas to make this AWLS approved. If particularly sensitive to carbohydrates, remove the black beans.

01 Combine all ingredients on your corn tortillas or lettuce and enjoy!

*Note: Make your own pickled onions by adding thinly sliced red onions to a jar with 1/2 cup apple cider vinegar, 1 cup warm water, 1 Tbsp. sugar or honey, and 1 tsp. sea salt. It takes about an hour to pickle. Enjoy stored in the fridge for up to 2-3 weeks!

This is one of my favorite weeknight meals to whip up in minutes. Plus, kids love it, too!



PUMPKIN CHILI GOODNESS

Serves 4



INGREDIENTS

- 1 pound ground meat of choice (OR 16 oz. chopped tempeh for a plant-based swap)
- 13.5 oz. can pumpkin puree
- 13.5 oz. can diced tomatoes
- 13.5 oz. can kidney beans, drained
- 1/2 yellow onion, diced
- 4 cloves garlic, diced
- 1 bell pepper, diced
- 1 jalapeño, diced
- 1 tsp. olive or coconut oil
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. coriander
- 1/2 tsp. salt
- cilantro for topping

01 Drizzle olive oil in a large pot over medium heat. Add onions, garlic, and salt. Sauté for 2-3 minutes.

02 Add ground meat or tempeh. Cook for about 5-7 minutes, breaking the pieces up with a spoon or spatula while cooking.

03 Add all remaining ingredients except for cilantro. Stir to combine. Reduce to a simmer and allow to cook for at least 30 minutes and up to 1 hour.

04 Serve with chopped fresh cilantro.



Technically, this is AWLS approved, however if you believe you are particularly sensitive to carbohydrates, you can swap out the kidney beans for 2 chopped bell peppers or simply remove the kidney beans.




CAULI RICE BURRITO BOWL

Serves 1



INGREDIENTS

- 2 cups frozen cauliflower rice
- 1 tsp. chili powder
- 1/3 cup red onions, diced
- 1/2 cup black beans
- 1-2 cups favorite veggies (purple cabbage, bell peppers, radishes and cucumbers are all great options!)
- 4 oz. favorite cooked protein, chopped (ground beef, rotisserie chicken and tempeh are all great options for this recipe)
- 1/2 tsp. olive oil
- pinch of salt
- hot sauce (optional)
- salsa
- 1/4 cup SoCal Spicy Guac (see below)
- 1/2 jalapeño, sliced (optional)

 If particularly sensitive to carbohydrates, remove the black beans.

- 01** In a large pan over medium heat, add olive oil, red onions, jalapeño (if using) and a pinch of salt. Sauté for 2-3 minutes.
- 02** Add cauliflower rice, chili powder, cooked protein and black beans. Sauté for 6 minutes.
- 03** Add mixture to a large bowl and top with your favorite chopped veggies, hot sauce, salsa and SoCal Spicy Guac.

SOCAL SPICY GUAC



Serves 3

INGREDIENTS

- 2 avocados
- 1/4 cup red onion, diced
- 1/4 cup cilantro, diced
- 1/2 jalapeño, diced (optional)
- 1/2 lemon, juiced
- 1/4 tsp. salt

- 01** Combine all ingredients in a bowl and mash together with a fork.
- 02** Serve with your chili, burrito bowl, tacos or a side of jicama and radish!

DESSERTS

If you have a sweet tooth, I recommend sticking with organic dark chocolate (at least 70% cacao). Here are 2 other I.F. Program approved desserts you can incorporate in as well! For best results, incorporate desserts up to two times per week.

CHOCOLATE BOMB BITES 🍫💪

1 "bite" per serving

INGREDIENTS

- 1/2 cup coconut butter
- 1 1/4 cup unsweetened coconut shreds
- 1 scoop vanilla protein powder or collagen powder
- 2 Tbsp. monk fruit
- 1 oz. dark chocolate (at least 70% cacao)
- 2 Tbsp. unsalted grass-fed butter (or cacao butter for a plant-based swap)
- 1/2 tsp. cinnamon
- pinch of sea salt

01 Combine all ingredients in a food processor and blend until smooth. This may take 2-5 minutes.

02 Add mixture to a silicone ice cube tray. Freeze for at least 30 minutes then store in a glass container.

WHIPPED CREAM + BERRIES

Serves 5



INGREDIENTS

- 8 oz. organic grass-fed heavy whipping cream
- 1 tsp. vanilla extract
- 1 cup berries per serving

01 Pour the heavy whipping cream and vanilla extract in a large bowl. Blend with a handheld mixer until medium to stiff peaks form - about 3-4 minutes. Serve with berries.



THE

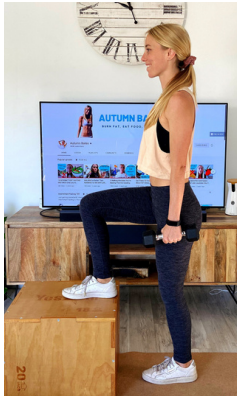
workouts



LOWER BODY STRENGTH

Go through 3 rounds of each circuit. Try using a weight that challenges you. 8-15 pound dumbbells is a good range, but feel free to use less or more, depending on where you're at in your fitness journey. **Want to work out with me? Follow along with the video version [HERE](#).**

CIRCUIT 1



Weighted Step-Ups

x 10 reps/side



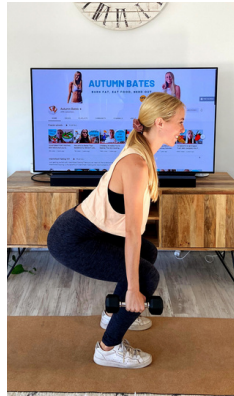
Suitcase Squats

x 20 reps



Side Lunges

x 10 reps/side

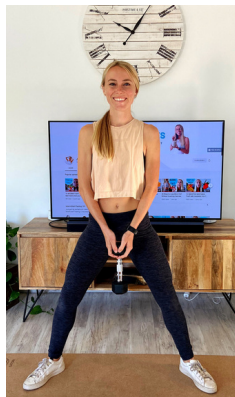


CIRCUIT 2



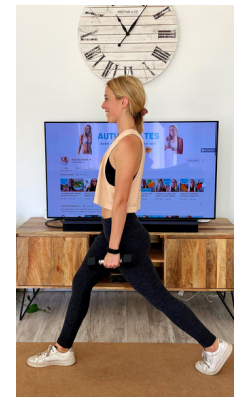
Deadlift

x 15 reps



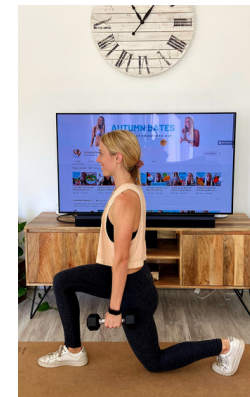
Sumo Squat

x 15 reps



Stationary Lunges

x 10 reps/side



CIRCUIT 3



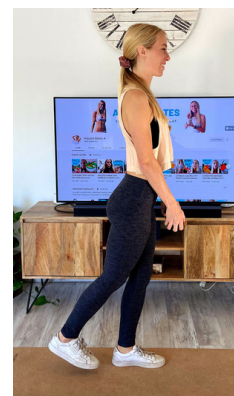
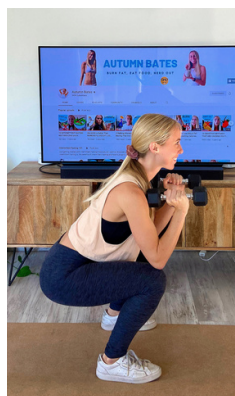
Modified Pistol Squat

x 7 reps/side



Deep Squat

x 10 reps



Single Leg Deadlift

x 12 reps/side



UPPER BODY PUSH

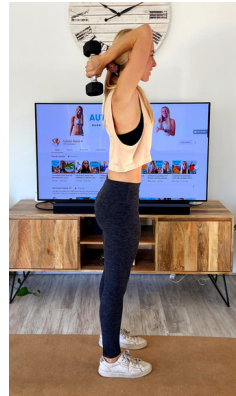
Go through 3 rounds of each circuit. Try using a weight that challenges you. 3-10 pound dumbbells is a good range, but feel free to use less or more, depending on where you're at in your fitness journey. **Want to work out with me? Follow along with the video version [HERE](#).**

CIRCUIT 1



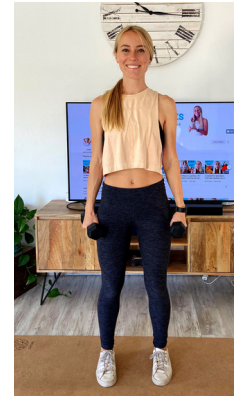
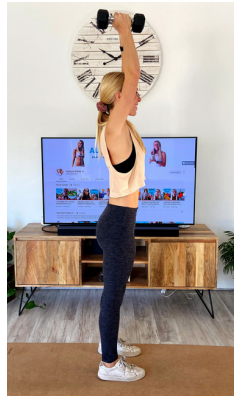
Arnold Press

x 10 reps



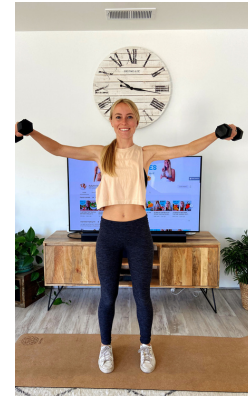
Overhead Triceps Extension

x 15 reps



Lateral Raise

x 10 reps

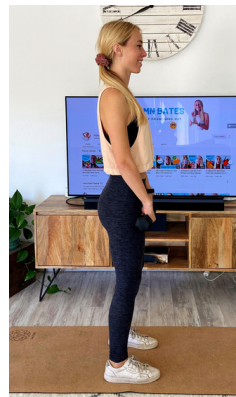


CIRCUIT 2



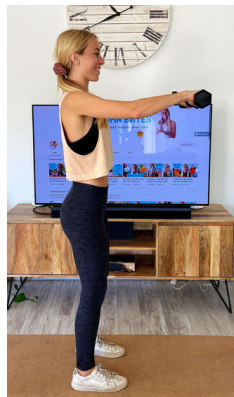
Shoulder Press

x 10 reps



Forward Raise

x 10 reps



Skull Crusher

x 10 reps

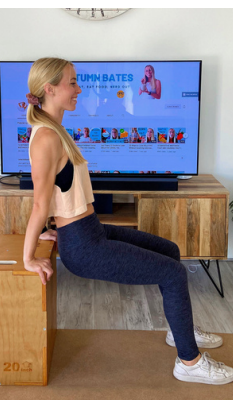


CIRCUIT 3



Push-up

x 10 reps



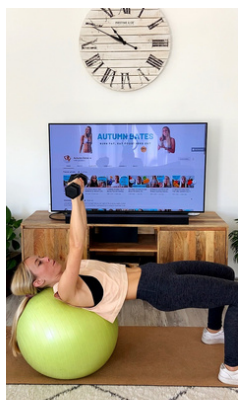
Tricep Dips

x 12 reps



Chest Press

x 12 reps



CORE STABILIZATION

Go through 3 rounds of each circuit. Try using a weight that challenges you. 5-12 pound dumbbells is a good range, but feel free to use less or more, depending on where you're at in your fitness journey. **Want to work out with me? Follow along with the video version [HERE](#).**

CIRCUIT 1



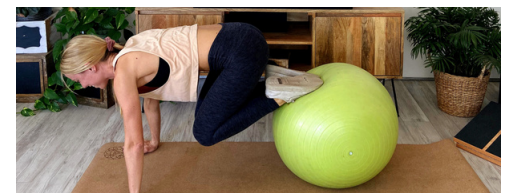
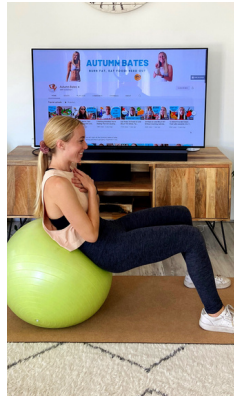
Ball Roll Outs

x 10 reps



Ball Crunches

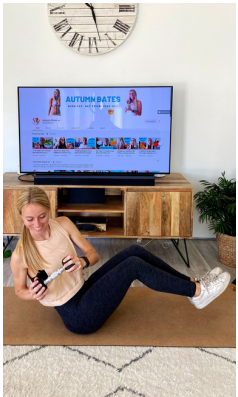
x 20 reps



Jack Knife

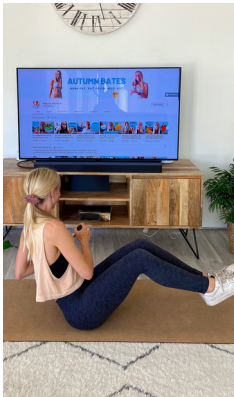
x 10 reps

CIRCUIT 2



Russian Twist

x 20 reps/side



Plank

x 30 seconds



Side Plank

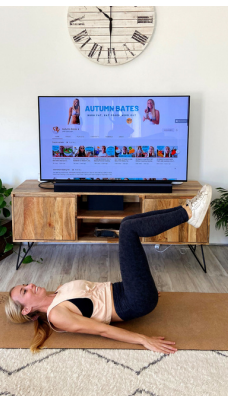
x 30 seconds/side

CIRCUIT 3



Hip Lifts

x 20 reps



Leg Lowers

x 10 reps



Bicycles

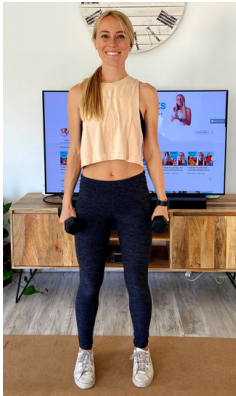
x 15 reps/side



UPPER BODY PULL

Go through 3 rounds of each circuit. Try using a weight that challenges you. 3-10 pound dumbbells is a good range, but feel free to use less or more, depending on where you're at in your fitness journey. **Want to work out with me? Follow along with the video version [HERE](#).**

CIRCUIT 1



Hammer Curls

x 15 reps



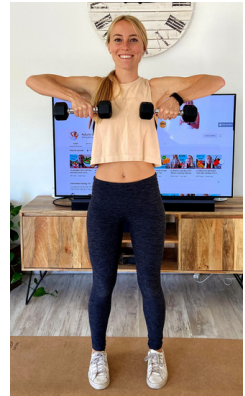
Rear Fly

x 10 reps

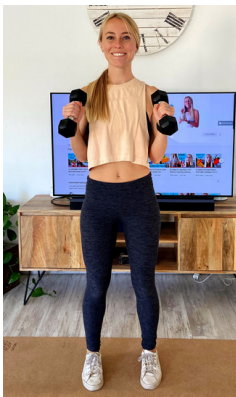


Upright Row

x 10 reps

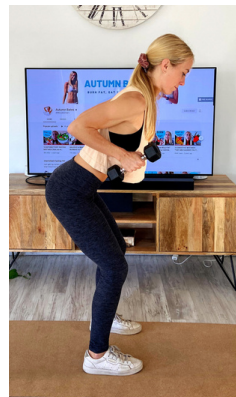
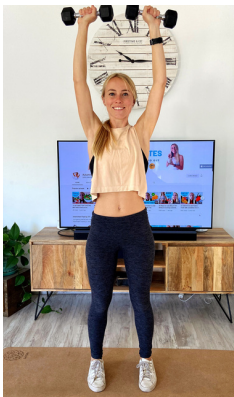


CIRCUIT 2



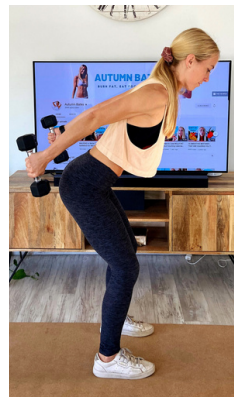
Curl to Press

x 15 reps



Bent Over Row + Extension

x 12 reps

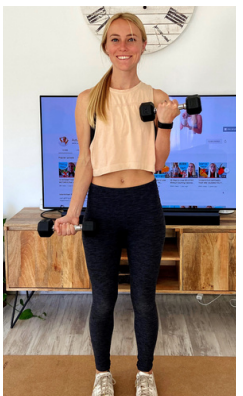


Superman

x 10 reps (hold for 2 seconds)

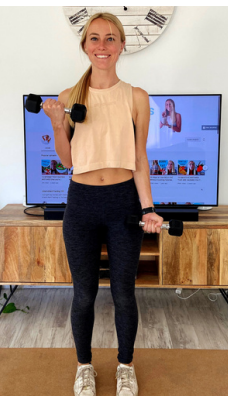


CIRCUIT 3



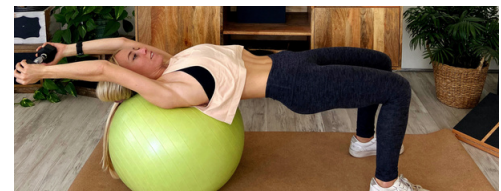
Alternating Bicep Curl

x 10 reps/side



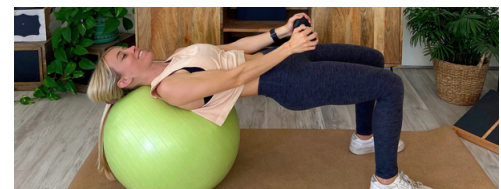
Plank Row to Press

x 10 reps/side



Lat Pulldown

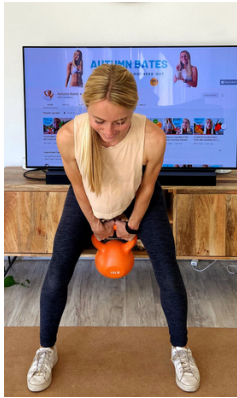
x 15 reps



LOWER BODY HIIT

Go through 3 rounds of each circuit. Try using a weight that challenges you. 5-12 pound dumbbells is a good range, but feel free to use less or more, depending on where you're at in your fitness journey. **Want to work out with me? Follow along with the video version [HERE](#).**

CIRCUIT 1



Kettlebell Swing

x 25 reps



Single Leg Deadlift

x 15 reps

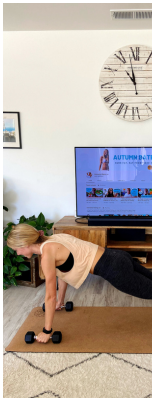


Jump Squats

x 15 reps

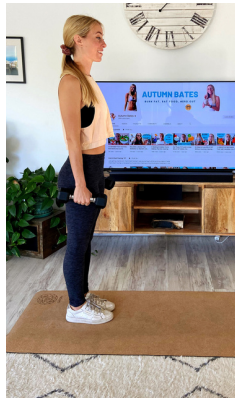
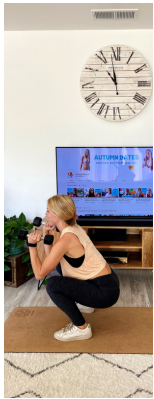


CIRCUIT 2



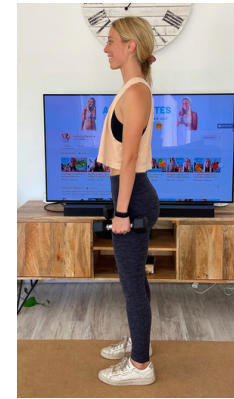
Modified Burpee Squat

x 8 reps



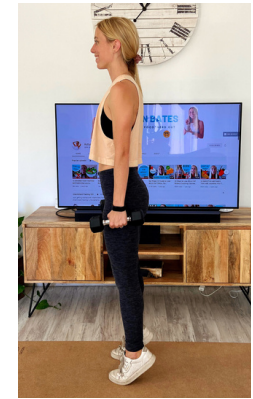
Forward Lunges

x 10 reps/side



Calf Raises

x 30 reps

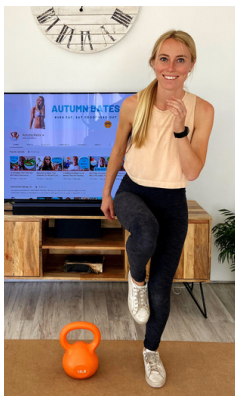


CIRCUIT 3



Side Kettlebell Jumps

x 15 reps/side



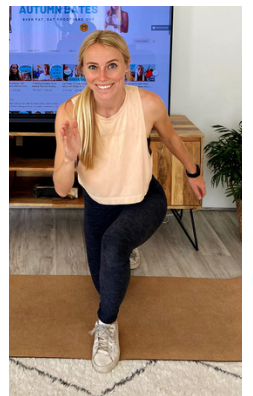
Up Down Squats

x 10 reps/side



Skaters

x 10 reps/side



SPRINT INTERVALS

You can use this Sprint Interval circuit on a treadmill, throughout your neighborhood or at a local track.

Warm Up

- 5 minute light jogging or walk

Sprints (repeat 5 times)

- 30 second sprint
- 1 minute brisk walk or jog

Cool Down

- 5 minute light jogging or walk

STAIRS TRAINING

This is best used with outdoor stairs (such as at a park). However, you can also use this workout with an indoor stair climber as well. If doing this inside, you may want to swap out the jumps and skipping for lunges or single steps at a faster speed.

- 2 minute warm up at an easy pace/speed
- 2 minute lunging up the stairs
- 2 minute single steps
- 2 minute wide jumps up the stairs
- 2 minute lunging up the stairs
- 2 minute single steps
- 2 minute skipping with high knees
- 2 minute lunging up the stairs
- 2 minute single steps
- 2 minute wide jumps up the stairs
- 2 minute cool down at an easy pace/speed

RESOURCES

Below are all of the cited studies from the 21 Day Intermittent Fasting Program. Simply click on each link to head directly over to the study. Time to nerd out!

1. [Mitochondria + Cancer](#)
2. [Insulin Resistance + PCOS](#)
3. [Insulin Resistance + Acne](#)
4. [Insulin Resistance + Belly Fat](#)
5. [2020 Intermittent Fasting + Weight Loss Review](#)
6. [Ketones + Cognitive Performance](#)
7. [Insulin + Growth Hormone](#)
8. [IGF-1 + Growth Hormone](#)
9. [Sleep + Obesity](#)
10. [Fasting + Growth Hormone](#)
11. [Intermittent Fasting Increases Metabolism](#)
12. [Calorie Restriction Decreases Metabolism](#)
13. [ADF + Glucose Tolerance](#)
14. [Americans With Diabetes + Pre-Diabetes](#)
15. [Low Carb vs. Low Fat + Weight Loss](#)
16. [Butyric Acid + IBS](#)
17. [Low Carb + Blood Pressure](#)
18. [Hyponatremia Symptoms](#)
19. [Alcohol + Insulin](#)
20. [The Carbohydrate Insulin Model of Obesity](#)
21. [Insulin Resistance + Muscle Mass](#)
22. [Protein, Satiety, Weight Loss + Body Recomposition](#)
23. [Diet + Sleep Quality](#)
24. [Fructose + Insulin Resistance](#)
25. [Ultra Processed Foods + Health Outcomes](#)
26. [Added Sugar + Obesity](#)
27. [Omega-3 + Omega-6](#)
28. [Low Carb vs. Low Fat in Severe Obesity](#)
29. [Whole Fat Dairy + Weight Loss](#)
30. [Apple Cider Vinegar + Insulin Sensitivity](#)
31. [Apple Cider Vinegar + Insulin](#)
32. [Pesticides + Cancer](#)
33. [Vitamin K2 + Bone Health](#)
34. [Peptide YY + Satiety](#)



DISCLAIMER: THE AUTHOR IS NOT A DOCTOR. THE ADVICE THE AUTHOR PROVIDES HEREIN IS BASED ON YEARS OF PRACTICAL APPLICATION, EXPERIMENTING WITH HER OWN HEALTH AND PHYSIQUE AS WELL AS THE CLINICAL NEEDS OF OTHERS. ANY RECOMMENDATIONS THE AUTHOR MAY MAKE TO YOU REGARDING DIET, INCLUDING SUPPLEMENTS AND HERBAL OR NUTRITIONAL TREATMENTS MUST BE DISCUSSED BETWEEN YOU AND YOUR DOCTOR(S) TO ENSURE PROTECTION FOR CLIENT AND AUTHOR.